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Your essential daily news | monday, July 13, 2015

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"All That Oil," one of six rafts that participated in the 56th annual Sourdough River Festival, doused its competition and the spectators with water before setting out from Terwillegar Park for Rafter's Landing. BRAEDEN JONES/METRO

Rain aids Jasper Park fire fight

TACTICS

Crews now on the ground and building a fire line



Ryan Tumilty Metro|Edmonton

With a little help from Mother Nature, crews have been able to get on the ground to confront a wildfire in Jasper National Park, but the blaze is still categorized as out of control.

The fire, which broke out Thursday and burned for much of the weekend, is starting to slow down thanks to a small amount of rain.

"It has allowed us to safely get crews on the ground and start working on the fire line, so establishing a perimeter and containing that fire," said Kim Weir, a fire communications officer with the park.

She said before the rain, the fire was moving too fast to get crews on the ground, but they are now in position and trying to establish a fire line while helicopters attack from above.

"It has allowed us to change

tactics and actually directly attack this fire," she said.

Weir said they believe the fire was caused by a lightning strike, but it may have taken days or a week to emerge and expand.

"That fire actually smoulders underneath the ground for a period of time until we have just the right conditions for it to come to life," she said.

The Jasper fire was among more than 100 in Alberta Sunday, while many fires burned in Saskatchewan and British Columbia as well, leading to air-quality issues.

Alberta Health Services put a heat advisory in place on Friday as temperatures soared. Dr. Chris Sikora, the AHS medical officer of health, said he was not yet sure if the advisory, along with air-quality advisories, would continue.

He said people should try to avoid too much strenuous activity if they can, with the smoke in the air. This applies particularly to those with respiratory conditions, he said.

But he added that people in good health will likely not have a problem.

"People can get coughs or throat irritation, but generally people are going to be fine," he said.

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Your essential daily news

McDonald's swears toy doesn't curse. **Business**

Soft serve with a smile District heating

LOCAL BUSINESS

Ice cream truck sets the bar for customer service



Andrea Ross Metro | Edmonton

The familiar ice cream truck jingle has been making Vat Thanabal happy for 22 years.

So have the 30-degree summer days when sprinkler-soaked kids run across lawns to his lime green truck for red, white and blue Turbo Rocket Popsicles. Or when tired downtown businessmen grab a dipped cone at the end of a long day.

He was only 16 years old when

he first started driving an ice cream truck, and he's done it every summer since.

"Ănything you buy at Dairy Queen, I have it," he says. "I get to make people smile. I love that."

Thanabal owns Bhagvan's Dairy Cream ice cream truck. The lime green truck is covered in paintings of sundaes, ice cream cones, slushies and a "watch for children" sign on the back, painted by Toronto and Calgary artists. It's a familiar sight at city festivals and throughout neighbourhood streets.

Thanabal's family started Bhagvan's in Toronto in 1994, before expanding to London and Windsor. Thanabal brought the business to Edmonton in 2009, hoping for a fresh start in Alberta.

Working in a factory for eight

months of the year, Thanabal looks forward to the summer season when he can go out and interact with the community while serving Saputo soft serve ice cream.

He's serious about service, and it's this attitude that has built him a loyal following.

"Before, Edmontonians thought an ice cream truck is just a novelty truck, not even professionally done," he says. "But service is important, and my business is all regular customers.

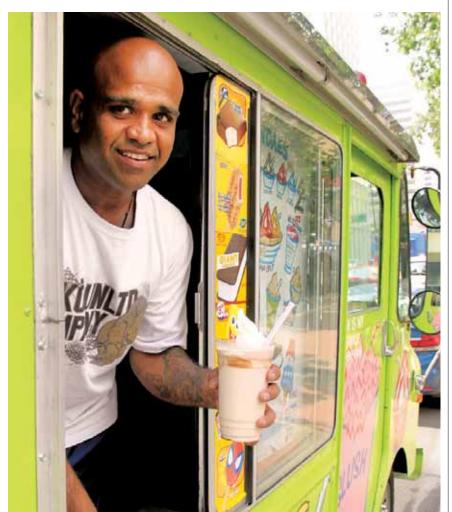
A typical day starts early for Thanabal, when he tracks inventory at his home on 118 Avenue. Despite only an hour and a half of sleep some nights, he hits the streets early, visiting factories, car dealerships and neighbourhoods across the city. Businesses like AMA often book him for corporate events, and he also visits First Nations reserves outside the city, supplying frozen treats for powwows.

He doesn't consider Edmonton's booming food truck scene competition — none offer the soft serve he has at the ready. At the end of the four-month summer period, he often achieves sales of six figures, he says.

"Some days are a little tough, but at the end of the season, it pays off," he says. "At the end of the day, it doesn't matter how hard I worked. I made money and I made people happy. This business is not just about profit. I like it, I get people to smile."

Thanabal has had his fair share of dairy treats over the years. His all-time favourite?

"Chocolate milkshakes," he says with a grin.



Vat Thanabal peeks out from inside his ice cream truck, which has been doing a steady business this summer. ANDREA ROSS/METRO

The city is pushing ahead with a plan for a district heating system in the downtown.

Councillors approved a plan last week for Calgary company Enmax to prepare a business case for the proposed system that could offer heat to buildings across the downtown.

Pat Bohan with EnMax said the company has a system in Calgary that is working and getting more efficient all the time.

We have been successful in the last 24 months ... in optimizing that plant and that infrastructure," he said.

Bohan said the buildings that connect to the system will still use as much heat, but it will be coming from a much more sustainable source. Epcor would also be involved in the project.

He said taking large boilers and furnaces out of buildings is also a benefit because it frees up space that can be put to better use.

Bohan said he hopes the system could start to connect customers within 18 months.

"We have actually started to look at where the best location for the pipe is and where the best location for the plant (is)," he said.

Council will get a detailed business case in the fall, but Mayor Don Iveson expressed optimism during the council meeting that the timing was right with so much construction ongoing.

RYAN TUMILTY/METRO



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4 Monday, July 13, 2015 Edmonton Metr® NEWS

PAFTING

Bad flow slows racers

Makeshift river raft racers new and old bumped and floated down the North Saskatchewan River Sunday for the 56th annual Sourdough River Festival.

But they floated slower than usual. The first place finisher bobbed up to Rafter's Landing shortly after 5 p.m., more than an hour later than expected.

Event organizer Ken Evisew said the delayed finish "definitely" has to do with river conditions. The river is sitting at a below-average level, and with a flow that is reportedly less than half the average rate.

"We're not surprised at all, folks would have been held up a bit in spots and would have needed a tow off sandbars," Evisew said.

Park rangers, city police and firefighters, and the race admiral's jet boat were on the river with racers to help keep them moving. Crafts launched from Terwillegar Park around noon beneath a hazy sky that did little to deter a crowd from turning out for the pancake breakfast and race launch excitement.

One of two new entries, "All That Oil," sported an oil derrick mast and Edmonton Oilers colours. Evisew noted entries were down 50% from last year, due to many perennial corporate entries not having the fun money to participate.

"We reached out to some folks and they said they had trouble getting a team together because of the economy," he said.

He hopes participation rebounds next year.

BRAEDEN JONES/METRO

Alberta trout streams threatened despite plan

ENVIRONMENT

Survey shows habitat affected by overuse and development

Virtually all southern Alberta streams that spawn native trout are threatened by industrial development or overuse, says a survey from a respected fisheries biologist.

That's even though both bull and rainbow trout are protected under federal law and are supposed to be benefiting from a recovery plan, said Lorne Fitch.

"I have watched habitat and fish populations crater," said Fitch, an adjunct professor at the University of Calgary, who spent 35 years as a leading provincial biologist. "All of our systems are under extreme pressure."

Fitch studied 54 small rivers and streams that flow into the Oldman River and hold bull and cutthroat trout. He found nearly every one of the waterways face multiple pressures: from logging roads to energy development to off-highway vehicle trails.

Scientists suggest land that contains trout streams shouldn't have more than about just over half a kilometre of trail, cutline or road per square kilometre. The disturbance density in parts of the



A new survey of trout streams in southwest Alberta suggests that virtually all of them are threatened by industrial development or overuse. Bull trout, like the one pictured here, have lost more than 70 per cent of their historic waters. KEVIN TURNER/THE CANADIAN PRESS

Oldman watershed is nearly 10 times that

The reason, Fitch said, is sediment. Nearby roads, forest disturbance and stream crossings all cause soil to wash into the current.

Scientists used to believe that silt simply washed out. No longer.

"What researchers are now finding is that this sediment actually starts to get trapped Trout would have to come equipped with a pickaxe to break through some of that

substrate.Lorne Fitch, professor

into the gravels and cobbles that make up the stream bed," Fitch said. "That stuff solidifies, so that not only is it difficult for water to permeate through, it's very difficult for trout to build a redd (nest).

"Trout would have to come equipped with a pickaxe to break through some of that substrate."

And those hardpack streambeds aren't going away

any time soon, said Fitch.

"Some researchers have said this might endure for centennial time. It isn't fleeting."

The result is that cutthroat populations are estimated at five per cent of historic levels. Bull trout — Alberta's provincial fish — have lost at least 70 per cent of their original range.

Alberta's previous Tory government completed a land-use plan for the entire South Saskatchewan River watershed, which includes the Oldman. Fitch said it barely mentions fish, contains no specific recommendations for their protection and defers most important decisions to local management bodies.

"I was underwhelmed."

Fitch said the decline over the last generation or two in southern Alberta has been echoed all over the province.

A spokeswoman for NDP Environment Minister Shannon Phillips acknowledged trout are in decline. But Laura Tupper defended the previous government's plans.

"Headwaters protection, controlling industrial activity and monitoring water quality are just a few measures under the (plan) that will work to improve threatened fish populations," she wrote in an email.

Tupper said the government is spending \$10 million to restore streams damaged in the 2013 floods and to support other watershed management efforts. THE CANADIAN PRESS

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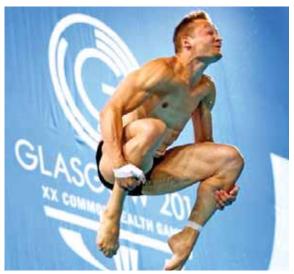
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Cody Yano has hopes to compete in the 2016 Summer Olympics as a three-metre springboard diver for Team Canada. CONTRIBUTED

Springboard diver testing the waters

SPORTS

Edmonton athlete eyeing 2016 Olympics



Stephanie Dubois Metro | Edmonton

Springing from the diving board, Cody Yano sails through the air before crashing into the water.

His only sign of a successful dive is applause muffled through the depths of the pool.

But his goals are set on hearing louder cheers on an international stage. It's the thrill of the dive, the "flying through the air" that drives Yano to be part of Team Canada's diving team for the 2016 Summer Olympics.

But that takes time — and training.

Yano, along with a handful of other Edmontonians, is in Toronto for the Pan Am Games. But instead of prepping for the biggest sporting event every four years by partaking in the Pan Am Games, Yano is on the sidelines in Ontario, volunteering his time with Team Canada as he recovers from a back injury caused by about 18 years of diving.

The Edmonton-born athlete aimed to get into the Pan Am Games but was halted by his injury.

Yano isn't the only one on a path to the Olympics. Thanks to the diving training facilities that are some of the best in the country, others with the Edmonton Springboard and Diving Club run by two-time Olympic coach Herb Flewwelling have attempted to make it onto the important international sporting event.

But Yano is taking a break from rigorous training this summer, with plans to ramp up his training to get back on the path of three-metre springboard Olympic competition.

Training seven days a week at the Kinsmen Pool along with three-times-a-week weight training, paired with full-time studies at NAIT makes it challenging but worth it, said the 24-year-old.

"It's all a balancing act."



🛑 IN BRIEF

Edmonton Firefighters memorial vandalized

The Edmonton Firefighters Memorial was vandalized on the weekend, and local police are looking for information regarding the crime

Anyone with information is asked to contact Edmonton police at 780-423-4567.

RCMP seeks driver after cyclist hurt in hit and run

The RCMP are looking for the driver involved in a Saturday afternoon hit and run in Stony Plain. A female cyclist, 16, was hit by a vehicle near the Boulder Boulevard and North Park Way intersection. She was taken to Stollery Hospital with non-life-threatening injuries. METRO

PIGEON LAKE

Algae not hurting property prices: Realtors



Andrea Ross Metro | Edmonton

Blue-green algae warnings have plagued Pigeon Lake for years, yet some realtors say that's not the reason for the numerous "For Sale" signs popping up around the popular all-season lake south of Edmonton.

Pigeon Lake is one of the first large Alberta lakes this year to be issued an advisory for bluegreen algae, a scum-like bloom that can cause rashes, nausea and vomiting for people who come into contact with it.

Some potential property buyers are "disappointed" in the quality of the water, Re/Max Thorsby realtor Darcy Powlik said, but the lake still continues to attract buyers interested in year-round recreational activities.

"Is (algae) affecting value? Without question," he said. "You see a lot of listings, and you see listings being reduced. But there

are outside factors. It's not only the water that's causing people to sell."

More properties are for sale because of economic downturn, an aging population moving to the city, and a younger generation more keen on remaining closer to urban areas, Powlik said.

Reality Executives Polaris Pigeon Lake broker Barb Harrison, who has 20 listings at the lake, said blue-green algae advisories are to be expected with extreme heat early on in the summer. She says those looking to sell haven't had to drop prices because of the water quality.

"If prices are a bit off, I don't think it's due to the quality of the lake," she said. "I think it's due to the new government and the price of oil.

"Anybody who's owned a lake property anywhere in Alberta ... algae is not a concern because they understand it and it's on every lake. It's a fact of life and it's not here forever."

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NEWS Monday, July 13, 2015

B.C. brewer breaks seal on tough South Korean market

INTERNATIONAL BUSINESS

Abbotsford man succeeds despite nation's beer duopoly

Dan Vroon says he didn't set out to transform the South Korean beer industry, but the Abbotsford, B.C., native's attempt to bring craft beer to the masses has started a revolution in a market long dominated by a duopoly.

Vroon's Craftworks Taphouse and Bistro in Seoul was one of the first in a new wave of craft breweries that have renewed interest in the country.

Vroon said before he entered the business in 2010, imports of North American brews from the Boston Beer Company and

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Edmonton's Alley Cat Brewing Company were the only way for South Korea's large ex-pat community to get a taste of home.

He wanted to build a craft brewery to serve them, and locals looking for something new.

"They were missing the market entirely," he said.

Vroon said he ran up against a thicket of regulation that stopped the flow of beer from other craft brewers.

Vroon pushed back against rules that required breweries have more than one million litres of capacity to sell to wholesalers, which he said closed the door for smaller operations.

He said he also pushed for transparency on taxation after the first brewery he worked with was nearly bankrupted by an unexpected tax bill more than 10 times what authorities predicted.

He said he did his best to work

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within rules that prevented or made prohibitively expensive the importing of the yeast and hops needed for a top-notch

"The brewing laws were writ-ten in the 1950s," he said. "Nobody was around who understood them.

Vroon found the South Korean government receptive to new ideas that could promote local business.

In 2011, the government reduced the distributing requirement from one million litres of capacity to 120,000 litres, one of the first in a serwies of reforms that Vroon said has reinvigorated the craft beer market.

And as more breweries come online, he said, there are more voices pressuring the government for reform.

"They haven't given us everything, but they've definitely freed up the brewers to distribute their beer, cut some of the taxation and gave rebates for the smaller guys," Vroon said. "Now, the craft beer scene is booming.'

Some of the beers Craftworks

offers: the Jirisan Moon Bear India Pale Ale, the Seorak Oatmeal Stout and Baekdusan unfiltered wheat beer.

Vroon's work in developing a craft-brew palate among South Koreans has inspired others to meet the rising demand for Canadian brews

Brock Rodgers, co-founder of the Mission Springs Brewery in Mission, B.C., now exports around 40 per cent of his production of hops-heavy, full-flavoured beers to South Korea after beginning shipments in 2013.

"At that time, Dan (Vroon) was the only guy in town that was doing anything craft and doing it well," he said.

Rodgers said even with significant import taxes on his products that send the price well above domestic competition, his business is doing well because they are viewed as a premium product.

"There's a somewhat wellfounded belief over there that products from Canada are healthier, that the water's better, the air is better," he said. THE



When Dan Vroon established Craftworks Taphouse and Bistro in Seoul, South Korea, he aimed to appeal to ex-pats and locals interested in craft brews. The next thing he knew, he was promoting a whole new industry. THE CANADIAN PRESS

MORTGAGE

The brewing laws were written in the 1950s ... nobody was around who understood them.

Dan Vroon, who has been in the vanguard of Canadian craft brewers selling in South Korea.

Tories bust out wallet for election

All but overlooked in the past week of troubling economic news was federal Finance Minister Joe Oliver's unexpected nod to government stimulus spending.

The run-up to an October general election is happening amid talk of recession, international downgrades of Canada's growth prospects, weak world oil prices and several grim provincial outlooks — stormy seas for an incumbent Conservative government seeking a fourth mandate after staking its reputation on sound economic management.

hatched in sunnier days when a return to balanced budgets co-existed with voter-friendly

spending is now repurposed as a recession-fighting necessity.

"Some of the measures ... will inject almost \$10 billion in cash into the economy this year," Oliver told reporters in Vancouver last Tuesday.

Parents with children under 18 will receive new benefit cheques - retroactive to Jan. 1 — on July 20 in a one-time burst of cash totalling more than \$2.5 billion.

Conservative ministers and MPs are also announcing new community infrastructure projects from a variety of funds some of which have lain fallow awaiting the optimal moment.

SASKATCHEWAN WILDFIRES

Evacuees allowed to return to homes

Officials say residents of an evacuated reserve in northern Saskatchewan are being allowed to return home today after it was determined that their community was no longer in direct jeopardy due to the wildfires that have been burning within the province.

Duane McKay with emergency management says wildfires are no longer threatening the First Nations reserve of Grandmother's Bay.

He says buses are being arranged to transport at least 130 people back to the First

A convoy led about 150 people from five other communities in the northeast home on Saturday night.

The people belonging to those communities were not under evacuation orders but fires had earlier cut off their road access.

Because of the fires, they could not return to the communities from which they had travelled.

McKay says fire conditions near 50 additional communities are being evaluated. There are 13,000 evacuees

still waiting for word from those performing the evaluations that it is safe for them to return to their homes.

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metr

NEWS World Monday, July 13, 2015

Greece aims to make deal and avoid financial crash

EUROZONE

But creditors insist on tough austerity measures

Greece moved closer on Sunday to a desperately needed deal with European creditors that would stave off immediate financial collapse and the country's potential exit from the euro – but impose more hardship on its people.

Facing a self-imposed Sunday deadline, the eurozone's top official, Jeroen Dijsselbloem, said the sides have "come a long way" after two days of talks among finance ministers, but that the final effort on "some big issues" would be handled by eurozone leaders in a summit that was expected to go into the night.

Underscoring the optimism despite the often fundamental differences among the leaders, Italian Prime Minister Matteo Renzi said, "We are very close."

The broad outline of a deal appeared to consist of a long series of commitments from Greek Prime Minister Alexis Tsipras to push through much of a drastic austerity program within days, while the 18 other eurozone leaders would commit to start talks on a new bailout program.

In a four-page draft proposal put to eurozone leaders, language up for discussion spoke of a potential "time out from the euro area" for Greece if no agreement could be found.

It highlighted the increasing frustration with Greece during five months of fruitless talks. On Sunday, doubts on the Greek government's commitment to implement tough measures



German Chancellor Angela Merkel, left, speaks with French President Francois Hollande, centre, and Greek Prime Minister Alexis Tsipras during a meeting of eurozone heads of state at the EU Council building in Brussels on Sunday. THE ASSOCIATED PRESS



The most important currency has been lost: that is trust and reliability.

German Chancellor Angela Merkel

"The most important currency has been lost: that is trust and reliability," said German Chancellor Angela Merkel, reflecting on five months of tortuous negotiations with Athens.

In the draft document, Greece committed itself to pushing a first set of measures through parliament by Wednesday. Despite the stinging conditions on pension, market and privatization reforms, Tsipras insisted his government was ready to

clinch a deal. "We owe that to the peoples of Europe who want Europe united and not divided," he said. "We can reach an agreement tonight if all parties want it."

Greece has asked Europe's bailout fund for a 53.5-billioneuro, three-year financial package, but many officials in Brussels say the figure will have to be much higher and insist on tough Greek austerity measures. This would be Greece's third bailout in five years.

Merkel, however, insisted that Germany would not sway from its stance that Greece needs to do much more to get any help just to save its position in the 19-nation eurozone.

"There will not be an agreement at all costs," she said, coming into Sunday's summit meeting. "Nerves are tense."
Highlighting the differences

within the creditors' camp, French President Francois Hollande insisted it was vital to keep Greece in the currency club and BACKGROUND

Greece desperately needs help to avoid a financial collapse. The economy is in free-fall, and the country faces big debt repayments in the coming weeks. Greek banks have been shuttered for the best part of two weeks. and daily withdrawals from ATMs have been limited to a paltry 60 euros. The banks, according to some accounts, have barely enough cash to last through the week.

avoid a so-called "Grexit."

If Greece had to leave the euro currency, "it's Europe that would go backward," Hollande said. "And that I do not want."

France is considered Greece's closest ally and even helped Tsipras prepare the reform proposals that were a minimum requirement for getting fresh talks.

Finnish Finance Minister Alexander Stubb, one of Greece's most outspoken critics, said a package of proposals sent to the leaders involved three key elements, including the Greek parliament's passing of a series of unspecified laws by Wednesday.

If these conditions are met, then talks with Europe's bailout fund can proceed, Stubb said.

"We have surely taken a good leap forward," Stubb said.`

Tsipras cleared one hurdle Saturday when lawmakers in the Greek parliament overwhelmingly backed a package of economic reforms and further austerity measures, in hopes that would convince European creditors to back the third bailout. THE ASSOCIATED PRESS

Drug lord on the lam

Mexico mounted an all-out manhunt Sunday for its most powerful drug lord, Joaquin (El Chapo) Guzman, who escaped from a maximum-security prison through a 1.5-kilometre tunnel from a small opening in the shower area of his cell, according to the country's top security official.

The elaborate underground escape route, built allegedly without the detection of authorities, allowed Guzman to do what Mexican officials promised would never happen after his re-capture last year — slip out of one of the country's most secure penitentiaries for the second time.

If Guzman is not captured immediately, the drug lord will likely be back in full command and control of the Sinaloa cartel in 48 hours, said Michael S. Vigil, a retired U.S. Drug Enforcement Administration chief of international operations.

"We may never find him again," he said. "All the accolades that Mexico has received in their counterdrug efforts will be erased by this one event."

Eighteen employees from various part of the Altiplano prison, 90 kilometres west of Mexico City, have been taken in for questioning, Security Commissioner Monte Alejandro Rubido said in a news conference without answering questions.

A manhunt began immediately late Saturday for the head of the powerful Sinaloa Cartel, which has an international reach and is believed to control most of the major crossing points for drugs at the U.S. border with

Guatemala's Interior Ministry said a special task force of police and soldiers were watching the border with Mexico for any sign of the fugitive drug lord.

"The U.S. government stands ready to work with our Mexican partners to provide any assistance that may help support his swift recapture," U.S. Attorney General Loretta Lynch said in a

Associated Press journalists near Altiplano saw the roads were being heavily patrolled by federal police, with numerous checkpoints and a Blackhawk helicopter flying overhead. Flights were also suspended at Toluca airport near the penitentiary in the State of Mexico, and civil aviation hangars were being searched.

Guzman's escape is a major embarrassment to the administration of President Enrique Pena Nieto, which had received plaudits for its aggressive approach to top drug lords.

THE ASSOCIATED PRESS

Suspects in arson attack arrested

Israeli police have arrested a number of suspects in last month's arson attack on a famous Catholic church in the Holy Land, police spokesman Micky Rosenfeld said Sunday.

The fire is believed to be an attack by Jewish extremists, but Rosenfeld would not elaborate on the identity of those arrested.

The June 18 fire at the Church of the Multiplication of the Loaves and Fish caused extensive damage to the inside and outside of the building, including damage to the roof and prayer books.

The modern building is built on the remains of a fifth-century Byzantine church and features a Byzantine mosaic floor that was not harmed. The church marks the traditional spot of Jesus' miracle of the loaves and fish and is located on the shore of the Sea of Galilee in northern Israel. It is one of the most popular stops for Christian pilgrims visiting the Holy Land.



Scottish woman dies in hospital after spending three days in crashed car

A 25-year-old Scottish woman — who lay injured in her crashed car for three days because police failed to respond to an accident report — has died. Lamara Bell's family says she died in a Glasgow hospital Sunday, a week after the accident. She was found Wednesday beside her dead boyfriend John Yuill in a car that had slid down an embankment near Stirling in central Scotland. THE ASSOCIATED PRESS

Marine park urged to free dolphins

tested Sunday at a popular marine animal park on the French Riviera, urging it to free the dolphins kept in its pools.

The Marineland park management said the dolphins are a crucial educational tool and that releasing them into the wild could risk their lives because most were born in captivity and are accustomed to human companionship.

The animal-rights activists waved picket signs in English

the Marineland park in Antibes, trying to persuade visitors to sign petitions or go home.

Visitors at the park can swim with dolphins and see penguins, polar bears and the endangered Steller sea lion.

The park's zoological director, Jon Kershaw, said Marineland stopped capturing dolphins from the wild in 1989, and most of its animals were born in captivity.

THE ASSOCIATED PRESS

Business | metr®NEWS 8 Monday, July 13, 2015

Simons plans national expansion

Quebec-based fashion chain Simons targets western Canada

One of Canada's oldest familyowned retailers is hoping to defy industry woes by launching an expansion that could extend the Simons brand across Canada.

The 175-year-old company based in Quebec City will open its ninth

Quebec store in Gatineau next month before entering the British Columbia and Ontario markets and expanding its presence in Alberta.

The fashion retailer is spending up to \$200 million over the

next four years to open eight stores. It says the move is intended to boost its annual sales base of more than \$350

An outlet will open this fall in West Vancouver, followed by openings next year in Mississauga, Ont., and Ottawa. A second Edmonton store and a new one in Calgary will be added in 2017, and two more stores are expected to open in the Toronto suburb of Scarborough in 2018 and at the Yorkdale Shopping Centre in 2019.

Atlantic Canada, the Prairies or Winnipeg could join the list as more stores are added to reach a maximum of 25 to 30 stores, says CEO Peter Simons.

But Simons says he doesn't feel any pressure to make hasty

moves. "You don't think in nextwin their minds or quarter increments when you're a private company of five generations," he said from Que-bec City. "You

think in 25-year increments. Missing from the Simons national expansion plans is downtown Toronto, one of

Canada's toughest retail mar-

kets. Simons made a pitch to



Simons CEO Peter Simons poses in the fashion retailer's Quebec City store. Simons is one of Canada's oldest family-owned retailers, and the family hopes to defy industry woes by launching an expansion that could extend the store's brand across Canada. JACQUES BOISSINOT/THE CANADIAN PRESS

enter the Eaton Centre but that didn't materialize. Meanwhile, U.S. retailer Nordstrom will open next year at the old Sears location in the Eaton

Retail analyst Randy Harris of Trendex believes Simons' gradual expansion will make it a "national powerhouse" in the Canadian apparel market.

"A lot of retailers, while they're worrying about Nordstrom and Saks, have got to be equally worried about Simons," Harris said.

He said Simons' mid-market pricing and strong private label offering will resonate with shoppers looking for something new. In addition to clothes, Simons sells some home goods and is introducing shoes and a new restaurant concept called Eve. But unlike department stores, it doesn't sell cosmetics or "hard goods" like appliances.

Simons says he and his brother are keenly aware of the risks — particularly in trying to build upon its success in Quebec and spread it to English Canada while juggling the logistics of operating across the country.

As a relatively unknown brand outside Quebec, Simons said he knows the first challenge will be marketing specifically, to develop a relationship with shoppers so they keep returning after the initial rush wears off.

"There's still going to be this almost primordial desire for human contact, a quality human contact," he said. "I'm not trying to win their minds or their wallets. I'd like to win their hearts." THE CANADIAN PRESS

Minions toys isn't cussing: McDonald's

I'm not trying to

their wallets. I'd

like to win their

hearts.

Peter Simons, CEO of

Simons department store

McDonald's swears up and down that the little yellow "Minions" Happy Meal toy is speaking only nonsense words and not something more adult.

The world's largest hamburger chain and purveyor of Happy Meals said Friday it doesn't plan to take the talking Happy Meal toy out of distribution — the promotion runs through the end of July — even though some customers say it sounds like cursing.

A toy bought by The Associat-

ed Press made a sound that could be interpreted as the phrase often abbreviated as "WTF." Another sounded like it could be "Well, I'll be damned." The sound quality makes it hard to

"The brain tries to find a pat-

say definitively.

tern match, even when just receiving noise, and it is good at pattern recognition," says Dr. Steven Novella, a neurologist at the Yale School of Medicine. THE ASSOCIATED PRESS

Nintendo president Iwata dead at 55

Satoru Iwata, the longtime president of Nintendo, has died at 55, the company announced

In a brief statement released by Nintendo, the gaming company said, "Nintendo Co., Ltd. deeply regrets to announce that President Satoru Iwata passed away on July 11, 2015 due to a bile duct growth."

Iwata took a leave last year due to the cancerous growth and was forced to miss E3 - one of the video game industry's largest annual conferences — due to his poor health.

Iwata, born in 1959, began working in the video game industry in the early 1980s, working with HAL Laboratory Inc., where he helped to develop landmark titles such as the

He joined Nintendo in 2000

Satoru Iwata, Nintendo Co., Ltd., global president, on opening day of the 2009 E3 Expo on June 2, 2009 in Los Angeles, Calif. DAVID MCNEW/GETTY IMAGES FILE

as the head of the Corporate Planning Division, and was appointed President in 2002, when he took over for Hiroshi

In his time at Nintendo's helm Iwata oversaw everything from hits like the GameBoy Advance SP and the Wii to the less successful Wii U.

Though its latest offerings have not been as industry-defining as some of the company's landmark consoles, Iwata was an enormously popular and influential figure in the industry.

Gamers, game developers and fans alike took to social media to lament Iwata's sudden death. The news was trending globally shortly after the announcement.

There has been no word yet on his replacement.

A funeral service will be held on July 17. He is survived by his wife Kayoko. The company declined to disclose other details of his family.

TORSTAR NEWS SERVICE

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METAVIEWS

Your essential daily news

Monday, July 13, 2015

THE BIG POLL: Fitness fails

From skimpy summer clothes to Pan Am bodies, many of us have fitness on the brain. Wearable devices can help track your progress — if you use them. Recent research shows only half the people who sign up for the activity tracker Fitbit stick with it. A third quit within six months. We asked our online readers if they've ever flaked out on their fitness goals. THE ASSOCIATED PRESS

POLL: What would get you to stick to a fitness routine?

50% I have a routine

27% More hours in the day

7% Looking at super-fit people

7% A big financial reward

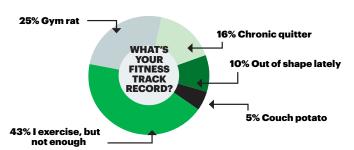
5% Doctor's orders

4% Nothing



POLL Have you ever used a fitness app or wearable device?







Visit metronews.ca every Friday to answer The Big Poll.

Too many dirty details could derail LRT plans

Omar Mouallem



Some colourful language has described the findings of a 2013 Metro light rail transit inspection report leaked to the Edmonton Journal, including "boondoggle" and "s**t-show." And those were just city councillors' words.

But what most seem afraid to ask is, what will we find in the other 79 reports we've now learned exist? But do we want to know?

It's an awkward question coming from someone whose job is informing the public. But it's worth considering as outrage over the \$665-million, 15-month delayed line intensifies, and as city administrators insist the reports are routine, the issues are under control and the delays are unrelated.

Nevertheless, our peeved council passed a motion Monday calling for "maximum transparency" from now on.

The motion suggests transportation and Edmonton Transit System have acted with duplicity in the eyes of council.

The relationship has been strained for some time, even after a new general manager arrived in September 2013 to carry out the transportation master plan.

The Metro Line hubbub, chronic delays and an uninspired capital budget proposal have clearly bred distrust between these elected and unelected public servants.

During budget deliberations last November, Mayor Don Iveson — annoyed with administrators' proposal not to fund Edmonton's active transportation policy — told them, "I'm frustrated that, after seven years of articulating and running as mayor on a plat-

form for that, that still hasn't gotten through."

In the last seven months the transportation department has had to announce massive delays on the Walterdale Bridge and Groat Road after four girders buckled mid-construction. A spokesman for the department told me this spring has been the most challenging season he's experienced in his six years with the city.

But while council is losing confidence with transportation, public discourse suggests Edmontonians are losing confidence in council's vision for an aggressive LRT expansion. What faith will be left come Aug. 24, when a full audit on the Metro Line is due?

And that's what's so worrying about this call for more transparency.

If indeed the experts are honest, and the reports are simply routine, are we and city council even capable of understanding or believing them any more? Could further frustration reverse the political and public will for more trains, despite the fact that LRT expansion is core to Edmonton's sustainability and economic potential?

Of course it could. The day after council grilled administration on the LRT report, it voted to scrape off Edmonton's longest stretches of bike lanes two years after they were painted. They were deemed useless and unsafe, despite the Transportation Association of Canada awarding the City for the lanes' operations and safety reviews.

Logic doesn't always prevail in these matters. And with so much angst around the Metro Line, LRT could be next.

Omar Mouallem edits The Yards magazine. Follow him on Twitter at @omar_aok.

ROSEMARY WESTWOOD

metroview



It shouldn't be so hard to have fun.

On a recent afternoon, I was throwing out texts like confetti, looking for friends to come out and play.

Few could be found. Some had plans. Most just didn't feel like it.

Who doesn't feel like fun? The 30-somethings, that's who. We're too tired, too busy or too lazy for impromptu fun — the hallmark of youth. We're not the new 20. We're way too uptight for that.

We (OK, I'm 29) have a lot on the go. We pack our lives as tight as carry-on luggage, and curate our playtime like our wardrobe, pairing these people with those, never mixing those with them. Worse, we have an outsized sense of personal time — a euphemism for selfishness.

We're not up for anything, we're up for exactly what we feel like doing at exactly this minute.

Want to make plans? Let's play it by ear! Should we meet up? I'll see how I feel!

"This shouldn't be so hard," I complained to one friend, who agreed.

"Where's my crew?" I asked. She shook her head. Planning a party, she noted, is truly harder than herding cats. Some people promise to "stop by for a bit" before another event (they never show). Others "aren't sure

if they can make it" — code words for not wanting to commit.

We're not innocent, my friend and I agreed. We both cancel coffee dates on a whim. The other weekend I texted a friend that we'll "keep in touch about Sunday," and we didn't talk again for a whole week.

"The more the merrier" isn't a phrase we use often. We'll see one friend for a movie, another for a coffee, another for a yoga class. God forbid we should invite anyone else. We haven't seen this person in weeks (so busy!) — We need to catch up!

When I lived in the U.K., I had a true crew. We did everything together. Everyone was invited. There were no friend schedules. Fun was not work. Every Christmas Eve we'd sit around someone's table, with goose- or turkey-piled plates and Prosecco-topped glasses.

I imagined I'd own a house one day, and the door would always be open. People would pop by unexpectedly and stay for coffee. If anyone dropped by my apartment these days, I'd drop dead of shock.

If I have to work harder to find a friend than a source for a story, something is wrong. Maybe we should get over ourselves just a little bit, plan a little less, and say yes a little more. Either that, or admit it: We're too old to let the good times roll.



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FREE TO SHARE



A burnout and a has-been

BATMAN V SUPERMAN

New trailer out at Comic-Con shows clash of fallen heroes

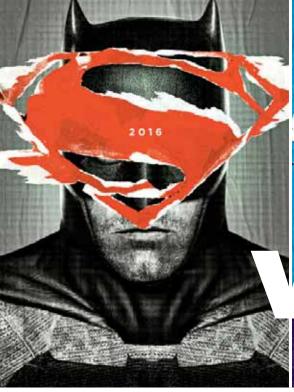
All is not well for Superman, audiences at Comic-Con found out on Saturday during a jampacked and revealing Warner Bros. presentation. The studio also debuted a first look at the comic-book movie Suicide Squad at the annual convention.

Batman v Superman: Dawn of Justice was the main event that fans had camped out for days to see. Stars Ben Affleck, Henry Cavill, Gal Gadot and Jesse Eisenberg were on hand to talk about the superhero showdown — a step up from last year's Comic-Con when none of the stars was allowed to talk

In the first full trailer for the film, out on March 25, 2016, we see a society that has turned against the godlike Superman (Cavill) following a massive disaster. While Holly Hunter's

I think if I thought too hard about the actors who played this part before, I couldn't have taken the job.

Ben Affleck on playing Batman



steadfast senator schemes with Eisenberg's Lex Luthor to protect the public from the dangerous Superman, Affleck's Batman decides to take matters into his own hands.

"The idea of Batman fighting Superman is a thing that happens all the time in comic books," said Zack Snyder, who also directed Man of Steel. He

likes to pay homage to Frank Miller's The Dark Knight but wanted to make clear that this story is not that story.

Oscar-winning screenwriter Chris Terrio (Argo) wrote the

Snyder said the story will also launch toward bigger conflicts with other superheroes.

"Who knows?" he said coyly.

"I mean, I do know."

While audiences have met Cavill's Superman before, this is their first real introduction to Affleck's Batman.

"I think if I thought too hard about the actors who played this part before, I couldn't have taken the job," said Affleck. But Snyder explained to him that this Batman would be different. He told Affleck that Bruce Wayne here is at "the end of his rope, he's older, he's a burnout."

As the villain Lex Luthor, Eisenberg said that there's "always a campy element to the character."

But unlike in previous versions, this Lex Luthor has an "emotional groundedness." He

also has hair.

Gadot, who plays Wonder Woman in this film and in an upcoming standalone, said her character has the "strength of a superhero" but is "very sophisticated, loving and has a lot of emotional intelligence."

Warner Bros. also showed the first footage from Suicide Squad, another DC Comic about a group of imprisoned supervillains recruited by government organization to perform black ops for their freedom.

The film, directed by David Ayer, stars Will Smith as Deadshot, Margot Robbie as Harley Quinn, and Jared Leto as The Joker.

The first trailer shows the origins of the gritty, punk rock group of villains turned heroes.

"So that's it, we're the patsies. We're some kind of suicide squad," Smith's Deadshot says in the trailer. "So let's save the world."

Leto's snivelling Joker, who sounds strikingly similar to Heath Ledger's version, closed the trailer with an ominous

"No, I'm not gonna kill you. I'm just gonna hurt you, really, really bad," he says.

Ayer, who is in the middle of shooting the movie in Toronto, made it a priority to fly to the convention with his cast.

He brought out Smith, Robbie, Viola Davis and others to say hello and quickly exit the stage. Smith said they'll be back next year for the film, which comes out on Aug. 5, 2016. THE ASSOCIATED PRESS





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Office loafers can be a drag, but sometimes it's best to turn a blind eye and let your boss deal with their negligence. ISTOCK

Rising above your slacking co-worker

PRODUCTIVITY

Don't let a lazy colleague get you down in the dumps

OFFICE RELATIONS
Eleni
Deacon

You scarf down lunch at your desk, Alex takes a 90-minute stroll. You spend all day answering emails, Alex catches up on Facebook. And when 5 p.m. hits, he's out the door — while you're stuck wrapping up loose ends until dinnertime.

Loafer co-workers can be a persistent drag. Not only can they seem oblivious to the volume of work they should actually be tackling, it's often their peers who must make up for their slacking. When faced with a colleague who won't carry their weight, don't seethe — seek relief.

Start by evaluating the sloth's impact on your work-load and output. Is their laissez-faire approach actually hindering your performance or is it merely irritating to watch them chill out while you stress out? In the latter case, the problem isn't so much about their work ethic as your reaction to it. Rather than resenting them, try to ignore them.

Constantly covering their tracks? There's an out: Stop. By picking up where their laziness leaves off, you enable their apathy. Provided you won't get blamed in the process, consider turning a blind eye next time they might miss a deadline. Better your boss notices their negligence — and takes action—than prolonging an unfair cycle in which you spend hours compensating for someone

When faced with a colleague who

when faced with a colleague who won't carry their weight, don't seethe — seek relief.

Eleni Deacon

else's hour-long breaks.

When a conversation becomes necessary, talk directly to your co-worker before raising your complaints with the highers-up. Avoid being accusatory; your concerns will have more oomph if you lead with curiosity. Ask about their work style and whether there's a reason they've fallen behind.

What you take for lethargy could just be a different way of doing things. Their pace might be slow because they pay meticulous attention to detail, or they may be confused about a project's requirements. Try to

understand each other's perspective and establish a concrete division of work.

If you're still sweating while they're vegging, it's time to bring in your boss. Again, put your emphasis on examples rather than gripes. Point to specific ways in which your colleague's carelessness has affected your output, keeping the discussion centred closely on work rather than personal grievances. Although it's fair to address how a co-worker's disinterest has affected your ability to do your job, it's best not to seem like a tattler. Don't vent frustrated feelings focus on facts.

Some slugs will never perk up. And while their inertia can be infuriating, it can also be time-wasting. Try not to obsess over how little progress someone else is making on their daily tasks. Instead, concentrate on how far you can go in your career.

The stuck stops here

TIPS FOR SUCCESS

Feeling stuck? Here's how to get out of any sticky situation

Everyone gets stuck. Sometimes we get tripped up completing the simplest tasks — like retrieving a file from someone else's computer or picking what to eat for lunch. Sometimes we run into a mental block when working on a creative project or assignment — like, um, an article about getting unstuck. (Seriously, do you know how long it took to start writing those two sentences?)

And other times it's the big stuff that leaves us paralyzed with indecision or self-doubt: What we want to do with our lives, where we want to live, whether — or when — we want to start a family.

Prof. Bernard Roth, co-founder of the Hasso Plattner Institute of Design at Stanford, teaches an entire class on getting stuff done. His students have to come up with and complete one big task per term — anything from building a rocket to completing a triathlon. And his new book,

The Achievement Habit: Stop Wishing, Start Doing, and Take Command of Your Life, applies the insights gleaned from 40 years of teaching people how to achieve their goals.

We asked Roth for some suggestions on how to get started already.

ISTOCK

Reframe your problem

The reason why so many people get stuck? Because, Roth says, they're often asking the wrong question, or identifying the wrong thing as the problem.

"For example, the other day I rented a car, and I couldn't find where the release was for the gas tank cap," he explains. "I spent about 20 minutes trying

to find the release button before I saw a similar car getting gas. I went over, and I said, 'Where did you get the release?' He said, 'There is no release — just open the cap.'"

So if Roth had asked himself "How do I get the cap open?" instead of "How do I find the release button?" —

well, he wouldn't have had a problem at all.

This works for not only the most mundane everyday tasks, but the monumental ones too. Says Roth: "If people back off and reframe their question and find the right problem, often the answer is right there."

Draw it out

In his book, Roth includes 22 exercises that can help readers conquer a mental block, and a lot of them include visuals—from storyboards to mind maps to all sorts of diagrams. Roth says visuals unleash creative thinking. "Pictures just encapsulate so much more information and nuance. They're more evocative."



12 Monday, July 13, 2015 Finance Metr@LIFE

A balanced budget at your fingertips

SMARTPHONE TECHNOLOGY

Three apps to help keep your assets in check



Getting started in personal finance is often as simple as keeping track of where your money is going in and where it is coming out.

Unfortunately, when most of us get home from our jobs, commutes, workouts and whatever else life throws at us, the last thing we want to do is sift through bank

statements and utility bills.

The most painless way I've found to stay on top of my finances is to make things as automated as possible, and then simply track it all using my smartphone.

See if these three apps make your life easier when it comes to managing your finances:



MINT

Market leader

Mint is the most commonly used personal finance app and is widely reported as being the market leader for good reason. Mint is excellent at tracking your spending and helping you budget, but where it truly separates itself from the pack is its automatic importing feature. By linking up your investments, credit cards, savings and chequing accounts with your Mint profile, you can import all of your relevant information into one place without even thinking about it.



YOU NEED A BUDGET

Planning ahead

The cloud platform You Need a Budget (YNAB) is Mint's chief competitor. While the app doesn't have Mint's automatic importation feature, supporters feel that the focus on planning your financial future more than makes up for it. YNAB isn't free (unless you're a post-secondary student), but during seasonal sales you can snag a licence for well under the normal one-time price of \$60. Purchasing YNAB also gives you access to financial literacy classes and tutorials.



WAV

Small business

If you're a small business owner or freelance contractor, this is the app for you. I use Wave to keep track of both my personal and business transactions because it's simple and custom-made for small business owners. My favourite feature is the ability to scan receipts on my smartphone, which are then automatically imported into my Wave account where they are fully searchable at a later time. Say goodbye to your shoebox full of random receipts come tax



There are plenty of apps that can make your financial planning less taxing — whether you're the owner of a small business, a post-secondary student keen on planning your financial future, or someone who is simply looking for a one-stop shop for budget management. ISTOCK





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metr
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Facebook admits people smarter than an algorithm

SOCIAL MEDIA

Website's new features put more power in users' hands

Eva KisMetro in New York City

Humanity can feel a bit smug this week, after some reassuring evidence that we're still necessary to keep civilization humming along.

Last week's seemingly unrelated meltdowns of the New York Stock Exchange, United Airlines and the Wall Street Journal made clear that computers, even very important ones, crack under pressure. And it takes the human touch to get them back to working order.

There are many things that are improved with the help of a human. But until now, Facebook

has been reluctant to acknowledge that we're better curators of our feed than an algorithm.

The social media giant, which exists purely because of content generated by its users, has historically had a disparaging view of letting us tweak how we use it. From rearranging our timeline by what's "Most Relevant" to still not having a way to replace baby photos with cats, Facebook's philosophy has been to take the user out of the experience whenever possible. (How else do you explain that GIFs didn't work on the site until a couple weeks ago?)

That ended with some new features that at least address one of the site's biggest problems with an algorithm-curated feed: missing posts from the most important people in our lives.

• Tell Facebook not just who you want to see less of, but who you want to see more of. All posts by the people (and businesses) you put on this list will be displayed top of your feed.



The view from Facebook Tokyo. The social media giant now allows users to specify not only who they want to see less of but also who they want to see more of in their feed. HANDOUT

• Has the friend you unfollowed when they wouldn't stop talking about Game of Thrones reformed their ways? Now you can see a list of the people you have unfollowed and determine whether they've got more things to talk about now.

• Unlike Twitter's grab-bag email recommendations that arrive every time you follow someone new, Facebook will make a list of people, groups and businesses you can follow based on pages you've liked in the past.

Thanks, Facebook. We know that in Silicon Valley, it's not cool to admit that "ultimately you're the only one who truly knows what is most meaningful to you."

But (for the immediate future, at least) that's still true.



Travellers spend \$2.22B a year on Wi-Fi, roaming

The Business Traveler Connectivity Cost Index shows that those of us needing to use smartphones, tablets and PCs while on the move are collectively wasting \$1.33 billion a year in charges.

The report, compiled by Rethink Technology Research and iPass, focuses solely on North American and European business travellers and estimates that an American travelling internationally on business is racking up between \$828 and \$1,780 a month in cellular roaming charges.

The report calculates that if travellers all used global roaming subscription services, as much as \$1.33 billion could be saved annually. AFP

4.5 **GB**

The average business traveller now consumes 4.5 GB of data a month.





No purchase necessary. Contest open 12:01 am on July 8, 2015 to 11:59pm on July 16, 2015 to legal residents of Calgary, Toronto, Edmonton, Vancouver, Winnipeg, Ottawa and Halifax (ex QB) of age of majority in their province of residence at time of entry. Prizes available 20 double passes to the advance screening of SOUTHPAW per market. ARY \$25.00 a period. DN. Odds depend on number of eligible entries received. Internet, email address, and math skill testing question required. Rules and entry www.clubmetro.com

14 Monday, July 13, 2015 Health Metr@LIFE



BEACH SAFETY

Risk of shark attacks down in California, despite North Carolina news

Swimmers and surfers today are about 90 per cent less likely to be attacked by sharks off California's coast than they were in the 1950s, even though there are hundreds of thousands more people in the water, according to a new study.

The findings mark a stark contrast to recent headlines out of North Carolina, where a record number of shark attacks have been reported this year. Eight people were bitten in the past three weeks alone.

More research is needed to explain the apparent disparity, said Francesco Ferretti of Stanford University's Hopkins Marine Station.

What the study did show was that although the reported number of attacks along California has risen slightly over the past six decades, the risk of attack has plummeted, according to Ferretti and fellow Stanford researcher Fiorenza Micheli.

"Considering how many more people are out there in the ocean, we should expect many more attacks," Ferretti said Thursday.

Researchers said the decline likely was the result of sharks focusing their attention on their natural prey, such as sea lions and elephant seals — whose populations have surged in recent years thanks to conservation efforts.

There might also be fewer sharks in the water, they said. It's been tough historically to track shark populations.

On average in the 1950s, California saw less than one attack on humans per year, Micheli said. That number has gone up to about one or



738 million beach visits.

"You have a better chance of winning the lottery," Ferretti said. For surfers, the chances were one in 17 million.

"It's a saying in the community: You're more at risk of getting hit by a falling coconut," said Chris Plante, an assistant curator at Aquarium of the Pacific in Long Beach. "I don't have numbers to back that up, but I do know you're more at risk of getting bit by a dog than a shark."

Swimmers and surfers can further reduce their risk by taking to the water in the spring. Attack rates vary throughout the year, with the highest in October and November and the lowest between March and May. The pattern matches sharks' seasonal shifts in migration, Ferretti said.

Attacks are much less likely in San Diego, Orange, Los Angeles and Ventura counties. That's because sharks in Southern California tend to be juveniles, so they're smaller and less dangerous, researchers said.

As they grow, they migrate north to find prey, so they're more dangerous in Northern California.

The Stanford study will be published in this month's issue of the journal Frontiers in Ecology and the Environment.

THE ASSOCIATED PRESS

past decade. The human population in coastal California tripled dur THE RISK

*All prices do not include GST. Some vehicles may not be exactly as shown. All rebates to dealer. Eg 2015 Soul LX, stk #18772 COB \$652. Total amount \$17,160 + tax. \$0 Down, 84 Months @0.99% OAC.

The human population in coastal California tripled during the same period — from seven million in the 1950s to 21 million in 2013, the study said. Meanwhile, the number of surfers, scuba divers and beachgoers has spiked.

two attacks a year over the

In December, a juvenile great white pulled a man off his surfboard along the Central Coast. That was about 80 kilometres up the coast from the site of an attack on a surfer near Vandenberg Air Force Base in October. Both men survived.

Attack rates in California vary throughout the year, with the highest in October and November and the lowest between March and May. The pattern matches sharks' seasonal shifts in migration.

In North Carolina, most of this year's attacks happened in shallow water. The eight reported in the past three weeks broke a record for the most shark bites off the state's coast in the 80 years in which records have been kept.

Ferretti said more research is needed to determine what's behind that spike. Some experts say it might be related to an unseasonably hot June that rapidly raised ocean temperatures off North Carolina and prompted fish to migrate north earlier than usual.

In California, researchers put the odds of a swimmer getting attacked by a great white at about one in every



A lifeguard warns a family to not go into the water south of the pier in Huntington Beach, Calif., on July 10 after a shark sighting. BILL ALKOFERA/THE ORANGE COUNTY REGISTER VIA THE ASSOCIATED PRESS: GREAT WHITE SHARK PHOTO: THE ASSOCIATED PRESS FILE

Smithsonian stands behind Cosby exhibit

NATIONAL MUSEUM

Camille Cosby sits on board, funded show

Over the past seven months, as sexual misconduct allegations against Bill Cosby mounted, a top Smithsonian official met privately with museum directors across the sprawling complex on the National Mall to decide what to do about an exhibit showcasing Cosby's private art collection.

While many companies and universities were distancing themselves from the comedian, Smithsonian officials ultimately concluded the exhibit should continue.

"First and fundamentally, this is an art exhibit," Richard Kurin, the Smithsonian's undersecretary for art, history and culture told The Associated Press. "So it's not about the life and career of Bill Cosby. It's about the artists.

About a third of the Smithsonian's National Museum of African Art's 50th anniversary exhibition came from Bill and Camille Cosby's extensive African-American art collection, and two-thirds came from the museum's own collection.

Most of the Cosby collection had never before been seen by the public. It includes paintings by one-time slaves, pieces commissioned for the Cosbys, a piece by Cosby's daughter and quilts made in tribute to Cosby and his slain son, Ennis. The exhibit also includes images of Cosby and quotations from him.

Even without the assault allegations, the exhibit raised concerns. Some critics frown on showcasing a private collection in a prominent museum because it can enhance the artwork's market value. Also, Camille Cosby sits on the museum's board and initiated the loan, which raises questions about conflicts of interest.

Now the Smithsonian has revealed to The Associated Press that the Cosbys also funded the exhibition with a \$716,000 gift, which virtually covers the entire cost. Museum industry guidelines call for museums to make public the source of funding when an art lender funds an exhibit, but the Smithsonian did not reveal Cosby's financial gift until Friday, even though the exhibit opened in November.

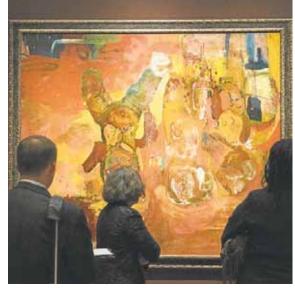
Noah Kupferman, an art market expert at Shapiro Auctions who has taught about the economics of fine art, said such financial arrangements are not unprecedented, but museums must be transparent about them.

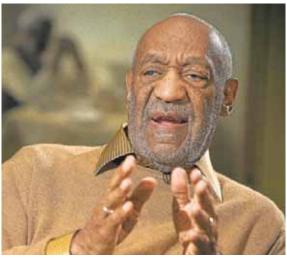
"It just raises a little eyebrow that a trustee of a museum is lending (her) own collection, funding part of the exhibition and the exhibition is highlighting works ... by less wellknown artists whose work is considered by some to be undervalued," he said. "Repositioning these artists' works as suddenly important could have significant positive effect on their economic value.'

The exhibit has drawn 150,000 visitors so far, according to the Smithsonian.

'We certainly don't condone his behaviour," Kurin said. "We're just as deeply disturbed and disappointed as I think everybody else. But it's not about Mr. Cosby. This is an art exhibit.'

THE ASSOCIATED PRESS





Bill Cosby's private art collection has drawn approximately 150,000 visitors to the Smithsonian's National Museum of African Art since November 2014. AP/EVAN VUCCI/FILE PHOTO

Serves you right!

It's getting to be a bit redundant, but J.K. Rowling really is one of our reigning social media

The British author continues to offer master classes in shutting idiots down. The latest example? Rowling tweeted a picture of her and tennis champ Se-rena Williams celebrating the athlete's perform-ance at Wimbledon, but a follower had to go and respond that the "main reason for her success is that she is built like a man."

Rowling wasn't having it, though, sharing that tweet, another picture of Williams and the message, "Yeah, my husband looks just like this in a dress. You're an idiot." Oh, and she has 4.9 million followers.

NED FHRBAR

CELEBRITY FIREARMS

Mila's gun-child policy

It must be awkward when the topic of gun ownership comes up with British press, but Mila Kunis isn't one to shy away from a question.

"I will say this: We have a gun at the house. But would I give it to my daughter as a gift at 15? No," Kunis tells the Telegraph's Luxury magazine. (It's unclear if they mentioned the 15th birthday thing or if Kunis just had quinceanera gifts for baby Wyatt on the brain.) "My child shouldn't be as welltrained as us, nor should she know there is a weapon in the house — ever." Let's just hope she's not reading this, then.

Also, in case anyone's thinking about questioning Kunis's badass bona fides, know this: "I can take a gun apart and put it back together blindfolded," she humble-brags. "I probably wouldn't have the gun if I didn't have stalkers or people constantly trying to break into my house.' NED EHRBAR



GOSSIP NOTES

It's too much. Ariana

Ariana Grande took another stab — or should we say another lick? - at the whole public apology thing, as she felt her first attempt at trying to mollify critics after her "Ugh, I hate Americans" doughnut debacle didn't

really do the job. I mean, she wasn't the only one who thought the whole "I actually love America and Americans" statement from last week wasn't enough. So Grande took to the interwebs to post an uncomfortably close-up video apology for her apology. NED EHRBAR









or \$98 b/w OAC



2007 JEEP COMPASS 4X4

or \$92 b/w OAC



Yellowhead & Broadmoor, Sherwood Park

Your essential daily news

Briton Chris Froome, of Team SKY, kept the yellow jersey after Stage 9 of the Tour de France

Cyclists, sharpshooter earn Jays fall short of Canadians three more gold

Batty and Gagne win on bikes, Kiejko with air pistol

Canada has added three more gold to its collection at the Pan Am Games on Sunday.

Emily Batty, of Brooklin, Ont., and Catharine Pendrel of Harvey Station, N.B., finished one-two in the women's mountain biking competition, while Raphael Gagne of Quebec City won the men's race.

Canada's third gold came in shooting, with Calgary's Lynda Kiejko winning the women's 10-metre air pistol. In the women's mountain bike, Batty finished the race in one hour 27 minutes 13 seconds — seven seconds faster than Pendrel.

"It's really just pushing each other," Batty said. "It doesn't matter who's first on the day as long as it's a Canadian. So we got gold and silver, which was amazing."

Pendrel, who won gold in the event at the 2007 Rio Games, is known for setting a strong



It doesn't matter who's first on the day as long as it's a Canadian.

Mountain biker Emily Batty



Emily Batty in the final of the women's event at the Toronto 2015 Pan Am Games on Sunday, Batty won gold and teammate Catharine Pendrel won silver. FRED THORNHILL/THE CANADIAN PRESS

early pace and hoping others can't match it. Batty showed she was up for the challenge.

"Emily and I are really motivated by each other," Pendrel said. "We don't just want to be the best at this race, we want to be the best in the world. You can be the best in the world by pushing the most that you can out of your riding and I think we did that today.'

Gagne finished the men's

six-lap race in 1:31:14.

"I think I played it very smart," Gagne said. "I paced myself well, I drank well and I ate well and it played into my favour. I've always been able to start strong but sometimes my finishes were not as strong. But definitely today I finished really, really strong so I'm happy with this.'

Kiejko scored 195.7 to win the air pistol and finish ahead



to win gold in the men's mountain bike event at the 2015 Pan Am Games. FRED THORNHILL/THE CANADIAN PRESS

of Mexico's Alejandra Zavala and Lilian Castro of El Salvador.

It was Kiejko's second Pan Am medal. She captured bronze in the same event in

"This gold medal is especially sweet for me," said Kiejko, who comes from a family of shooters. "Four years ago, my sister won the gold medal in Guadalajara in the same event. It's pretty awesome.'

Canada's equestrian team added a silver medal in team dressage.

The day came with some disappointment as Canada failed to medal in the men's triathlon. It's the first time in Pan Am Games history Canada hasn't won a triathlon medal.

Andrew Yorke, of Caledon, Ont., was the top Canadian finisher in seventh place. THE CANADIAN PRESS

comeback

SUNDAY in Kansas





Paulo Orlando broke a tie with an eighth inning homer and Kendrys Morales hit a threerun homer as the Kansas City Royals defeated the Toronto Blue Jays 11-10 after blowing a seven-run advantage Sunday.

The Royals enter the All-Star break with an American Leagueleading 52 victories. Orlando hit a 2-1 Bo Schultz (0-1) pitch out to left to leadoff the eight.

Kansas City led 7-0 after five innings, but the Blue Jays sent 12 men to the plate in an eightrun sixth. Danny Valencia and Jose Bautista contributed tworun doubles in the inning.

Seven of the runs were unearned after Mike Moustakas and Omar Infante committed

The Royals regained the lead with three in the bottom of the inning with Lorenzo Cain, who had three hits, singling in one run. Alcides Escobar had a RBI on a ground out, while the other run scored on Jose Reyes' second error of the game.

The Jays got a run back in the seventh on a Russell Martin RBI-doubles. Reyes, who had his second straight threehit game, singled home Kevin Pillar, who had tripled, in the eighth to tie it 10-10. It was only the second run Royals reliever Wade Davis (5-1) had allowed this season.

THE ASSOCIATED PRESS

CANADA 55. U.S. 7

Rugby gold for Canadian women



Canada's captain Jen Kish dives over to score in Canada's 55-7 win over USA in the women's rugby sevens gold medal game at the 2015 Pan Am games CHRIS YOUNG/THE CANADIAN PRESS

Canada has won gold in the inaugural women's rugby sevens competition at the Pan American Games. The Canadian women defeated the U.S. 55-7 at Exhibition Stadium, normally known as BMO Field, to go unbeaten in six games at the Pan Am competition.

"There's definitely more great days for this team," said Canadian captain Jen Kish. "Every time we put on the Canadian jersey, we want

to give the best performance that we can. We're always cuphunting. We always want to be the best that we can be so you can expect many more trophies from us building towards Rio."

Canada had defeated the U.S. 34-12 in a meaningless pool match prior to the championship game that saw both teams rest some of their big guns. The U.S. points were the first scored against Canada at the tournament in 67 minutes play.

The Canadian women outscored their opposition 230-12 going into the final, running in 38 tries while conceding two.

Canada was the top-ranked team in the six-team women's Pan Am competition, having finishing second in the Women's Seven Series last season. The Americans were fifth on the circuit and Brazil eighth. Brazil beat Argentina 29-0 for the bronze. THE CANADIAN PRESS



IN BRIEF

Canuck diver tops podium Canadian divers con-

tinued their dominant run at the Pan American Games on Sunday as Jennifel Abel won gold and Pamela Ware took silver in the women's three-metre springboard.

Abel, from Laval, Que., took the lead after her second dive and cemented it with an incredible third dive that scored 86.70. THE CANADIAN PRESS

Djokovic remains atop men's tennis mountain

TENNIS

Federer denied record eighth Wimbledon championship

Novak Djokovic got the better of Roger Federer at Wimbledon again. The defending champion outplayed Federer in four sets Sunday to win his third Wimbledon title and ninth Grand Slam championship, cementing his status as the dominant player in the game.

In a repeat of last year's final, won by Djokovic in five sets, the top-ranked Serb overcame the loss of seven set points in the second set and pulled away to beat the seven-time champion 7-6 (1), 6-7 (10), 6-4, 6-3.

The top-seeded Djokovic broke No. 2 Federer four times and saved six of the seven break points he faced. Still in his prime at the age of 28, Djokovic further enhanced his reputation as one of the greats of the game.

In winning the 40th career matchup between the two, Djokovic prevented Federer from winning a record eighth Wimbledon title.

"I was aware coming on the court that Roger was going to play like he always plays — at his best, when it matters the most," Djokovic said. "He makes you push your limits, he makes you work hard and earn every single point. He's not going to hand you the match."

Djokovic closed out the



Novak Djokovic of Serbia celebrates with the trophy after winning the Final of the Gentlemen's Singles against Roger Federer of Switzerland on Day 13 of the Wimbledon Lawn Tennis Championships July 12. CLIVE BRUNSKILL/GETTY IMAGES

match by breaking Federer for the second time in the fourth set, hitting an insideout forehand winner into the open court on the final point.

He pumped his arms and screamed, then bent down, plucked some grass from Centre Court and put it his mouth — just as he did when he won his first title in 2011 and again last year.

"It tasted very, very good this year," Djokovic said. "I don't know what the groundspeople have done, but they've done a great job. It's a little tradition, obviously. As a kid, I was really dreaming of winning Wimbledon, and as every child, you dream to do something crazy when you actually achieve it, if you achieve it, and that was one of the things."

Djokovic equaled the number of Wimbledon titles won by his coach Boris Becker, who won at the All England Club in 1985, '86 and '89. "We managed to find the right chemistry and he has contributed a lot," Djokovic said.

"This is his trophy equally as mine." Djokovic also became the first man to retain the Wimbledon title since Federer did it in 2007.

"He was tough on the bigger points," Federer said.

Œ

He makes you push your limits, he makes you work hard and earn every single point.

Novak Djokovic, on Roger Federer

"Then at the end, he was rock-solid. I thought he played great. I didn't play bad myself ... That's how it goes."

Sunday's victory evened their career head-to-head re-

cord at 20-20, but Djokovic now holds a narrow edge where it counts the most — 2-1 in Grand Slam finals, 2-1 at Wimbledon and 7-6 in majors overall. The 33-year-old Federer will now have to wait another year to try again to become the first man to win eight Wimbledon singles titles.

In 2012, he equalled Pete Sampras and 1880s player William Renshaw with seven.

"Novak played not only great today but the whole two weeks, plus the whole year, plus last year, plus the year before that."

THE ASSOCIATED PRESS



Serena Williams
JULIAN FINNEY/GETTY IMAGES

WIMBI FDON

Williams again top woman

Serena Williams overcame a slow start, eight doublefaults and a nervy finish to beat Garbine Muguruza 6-4, 6-4 on Saturday for her sixth Wimbledon title, fourth Grand Slam championship in a row and 21st major overall.

The win means Williams holds all four Grand Slam titles at once — completing the second "Serena Slam" of her career.

What's more, she secured the third leg of a calendaryear Grand Slam and, if she wins the U.S. Open, will become the first player to sweep all four majors in the same season since Steffi Graf in 1988

Williams, winning her 28th straight Grand Slam match, is now just one major title behind Graf on the Open era list and two behind alltime leader Margaret Court Smith.

From 4-2 down in the first set, Williams ran off five straight games to take the set and go up 1-0 in the second. She pulled out to a 5-1 lead and twice served for the match but couldn't convert.

THE ASSOCIATED PRESS

🛑 IN BRIEF

Fowler wins by one shot at Scottish Open

Rickie Fowler birdied three of his last four holes to overhaul fellow American Matt Kuchar and win the Scottish Open by one shot Sunday for his second victory this year.

Kuchar was on the practice range, preparing for a playoff, when Fowler sent his approach on No. 18 to within 18 inches. He tapped in the putt for a 2-under 68 — the same score as Kuchar — and an overall 12-under 268.

It's the fourth title of Fowler's professional career, two months after he won The Players Championship, and the second outside the United States after the Korea Open in 2011. His links game looks good ahead of next week's British Open at St. Andrews. Raphael Jacquelin of France birdied the last hole for 70 to tie for second place with Kuchar, and claim one of three British Open places

THE ASSOCIATED PRESS

CFL

Humbled Stamps face unbeaten Argos

The Calgary Stampeders will try to avoid losing back-to-back games for the first time in three years on Monday night when they host the unbeaten Toronto Argonauts.

It's Calgary's first game in 10 days, leaving the defending Grey Cup champions with plenty of time to stew over last week's 29-11 loss to the Montreal Alouettes.

"The important thing is that we take advantage of the rest that we got, take advantage of the extra time to prepare and go out and play a good football game," said Stampeders coach and general manager John Hufnagel.

Calgary could easily be winless. The Stampeders needed a 50-yard field goal on the final play of their season opener to beat the Hamilton Tiger-Cats 24-23.

Calgary quarterback Bo Levi Mitchell has had a slow start to the season, throwing just one touchdown pass while being intercepted three times. His touchdown to interceptions ratio was 22-to-8 last year.

"It starts with me, being a

second-year guy and having the year we had last year," said Mitchell, who was the Grey Cup most valuable player last sea-



The important thing is that we take advantage of the rest that we got.

Stampeders Coach/GM John Hufnagel son. "As the quarterback, the guy that touches the ball every play, that's how I feel. I feel like it's my job to go out there and make sure that as an offence, we do take that next step. Make games easier on our defence."

Mitchell gets a big weapon back this week in wide receiver Jeff Fuller.

Fuller had nine catches for 164 yards in Week 1. He missed last week's game with soreness in the same knee which he had season-ending surgery on last October after tearing the MCL.

THE CANADIAN PRESS

18 Monday, July 13, 2015 metr#sports

McGregor backs up trash talk

Early Mendes pressure fails as Irishman earns KO win

Conor McGregor spent much of the first two rounds on his back while Chad Mendes threw elbows at his head, and yet his screaming Irish fans kept faith.

During his meteoric rise in the UFC, McGregor has sold his self-confidence with enough flair to turn most anybody into a believer in his invincibility, even in the face of 9 1/2 minutes of contrary evidence.

And when the trash-talking mixed-martial-arts sensation finally got free late in the second round, he backed up every single word.

McGregor won the interim featherweight title at UFC 189 on Saturday night, stopping Mendes with three seconds left in the second round while emphatically arriving as one of the promotion's biggest stars.

After struggling to break free from Mendes' suffocating wrestling and ground game, Mc-



WELTERWEIGHT

Lawler keeps title

Robbie Lawler stopped Rory MacDonald early in the fifth round at UFC 189 on Saturday night, defending his welterweight title in a spectacularly bloody bout.

Lawler (26-10) battered MacDonald for much of the final four rounds, leaving the Canadian challenger with a badly damaged nose. Lawler finally ended it with a big left hand directly into the face of Mac-Donald, who rolled onto his back in agony before Lawler finished him 60 seconds into the fifth.

Lawler also was staggered repeatedly by Mac-Donald, and he barely made it to the bell in the third round of an occasionally jaw-dropping

THE ASSOCIATED PRESS

Gregor (18-2) finished the fight with a lightning-quick combination after Mendes failed on a submission attempt. A big left hand put Mendes down, and McGregor pounded away for the stoppage before jumping onto the cage in celebration.

"Tonight, I'm going to toast good business," McGregor said. "And it was damn good business.... It's a crazy game, and you know, I absolutely love it.'

McGregor later sank to his knees in tears, an Irish flag in his hands, while the standingroom-only crowd at the MGM Grand Garden Arena roared. The loquacious ex-plumber from Dublin has now made good on just about every boast and threat he ever issued - and there have been thousands.

Mendes (17-3) stepped in for injured featherweight champion Jose Aldo just 2-1/2 weeks ago, and the elite wrestler was in control of the fight until Mc-Gregor's heavy hands changed everything in an instant.

Mendes embraced McGregor in sportsmanship after a promotion dominated by high-level trash talk, most of it from a



It's a crazy game, and you know, I absolutely love it.

Conor McGregor

bearded, tattooed Irishman who already looks comfortable with a title belt around his waist.

"I've been hearing all the while that I've been protected from this kind of opponent, that I've been gifted a title shot," McGregor said. "So when my title shot went running and they gave me the challenge I was supposed to be protected from, I (decided) that I'm just going to prove to people that I'm a true fighter.'

McGregor has won 14 consecutive fights, and now he has a UFC belt and an enormous future date with Aldo.

"In my opinion, Jose went running," McGregor said. "I had bigger injuries leading up to this fight than that bruised rib and I still showed up and performed. If he comes back, ĥe can come back, but I swear to God, his day will come." THE ASSOCIATED PRESS



Conor McGregor celebrates after defeating Chad Mendes in their interim featherweight title mixed martial arts bout at UFC 189 Saturday in Las Vegas. JOHN LOCHER/THE ASSOCIATED PRESS



September 4-6 Hawrelak Park

Get into the Race

9-Week ITU Triathlon Training Plan

Have you ever wanted to do a triathlon but didn't know where to start? Not sure how much time you need to dedicate each week to reach your goal?

World Triathlon Series Edmonton returns this September to Hawrelak Park and wants to help you

GET INTO THE RACE.

Choose your distance:

Try-a-tri: 300m swim, 10 km bike, 2.5 km run Sprint: 750 m swim, 20 km bike, 5 km run

Team Relay: 1 swimmer, 1 cyclist, 1 runner (Try-a-tri or Sprint distance)

To begin this program, you should be able to swim 50 metres, cycle for 30 minutes and walk/run for 15 minutes. If you have any concerns, please contact your physician before accepting the challenge.

Every Monday morning, Metro will publish a weekly try-a-tri training plan. So what are you waiting for? Register today at: http://edmonton.triathlon.org/registration/



#getintotherace edmonton.triathlon.org



September 4-6 Hawrelak Park

TRY-A-TRIATHLON - 9 WEEK BEGINNER TRAINING PROGRAM WEEK 2

Date	Session Details	Tips			
MONDAY	Day off	Day off			
TUESDAY	Bike: 20 minutes	Feel free to reorganize the plan to suit your schedule.			
WEDNESDAY	Swim: 200 metres	If you can only do 25m at a time, that is fine.			
THURSDAY	Run: 14 minutes (1 min walk/1 min run) or steady run	The goal of run/walk is to build endurance and the length of time you can run before taking a walk break.			
FRIDAY	Day off	Day off			
SATURDAY	Bike: 30 minutes	Proper pedal stoke – watch this video: http://youtu.be/aOWBEsV1Ceg			
SUNDAY	Swim: 200 metres Run: 15 minutes (1 min walk/1min run) or steady run	One workout in the morning and one in the afternoon.			

**Remember to adjust times and distances relative to your ability – have fun and experience the thrill of competing in your first triathlon. REGISTER at: Edmonton.triathlon.org

GET INTO THE RACE – LABOUR DAY WEEKEND!



#getintotherace edmonton.triathlon.org



RECIPE Tex-Mex Salmon over Avocado, Tomato and Black **Bean Salad**



Rose Reisman rosereisman.com

This Southwestern twist on grilled salmon is a delicious and zesty BBQ option for summer. Serves 4.

Ready in

Prep time: 10 minutes Cook time: 10-15 minutes

Ingredients

- 11/2 lb salmon filet
- •1 cup grape tomatoes, sliced in half
- 3/4 cup canned black beans, drained and rinsed
- 1/2 cup diced ripe avocado
- 1/2 cup diced yellow bell pepper
- 1/4 cup diced red onion
- 2 Tbsp lemon juice
- 1 Tbsp olive oil
- 2 tsp minced jalapeno peppers

- Salt and pepper
- · 3 Tbsp chopped cilantro or

• 1/2 tsp minced garlic

Directions

1. Grill or roast salmon at 425 F for 10 minutes per inch of thick-

2. Meanwhile, add remaining ingredients to serving bowl. Mix well and place on serving platter with salmon over top.

Nutrition per serving

- · Calories 390
- Protein 37 g
- · Carbohydrates 19 g • Fat 17 g
- · Saturated fat 2.5 g
- · Cholesterol 95 mg
- · Sodium 380 mg Fibre 4 g

PHOTO: ROSE REISMAN

CROSSWORD Canada Across and Down BY KELLY ANN BUCHANAN

1. _ Sainte-Marie (Cree singer/songwriter who is an Officer of the Order of Canada) 6. Medical pro 9. Extract metal from ore 14. Droplet-looking throat part 15. Jeff Lynne's ar. 16. Racecar driver Mr. Castroneves 17. Baseball great Mr. Jeter 18. Interac user's access code: 2 wds. 20. Pronounces 21. Tend the fire 22. Brewer's kiln 23. Gardening tool 25. Incision leftover 27. Photo _ (PR events) 30. "_ there, done that." 33. Snugly warm 37. Red Hot _ Peppers 39. Classic uniform hue for the CFL's Bombers: 2 wds. 41. _ Saint-Luc, Quebec 42. The White Cliffs of (Coastline attrac tion in England) 43. Dryer's fluff 44. #1-Across' famous protest song: "_ Soldier" 46. Citi Field baseball player, 47. Go back on a deal 48. Oodles 50. Tokyo, formerly 51. Ore deposit

53. _ degree

19 23 24 26 48 49 51 52 53 58 62 63 66 87 68 69 70 72 73

55. Ice floes animal 58. _ ray gun (Sci-Fi weapon) 61. American singer Ms. King, daughter of SNL alum Rob Schneider 65. Art of making a dead animal still look alive 67. Extraterrestrial

68. "It's so easy, __ al airport 73. Belonging to Hartcan do it!" 69. Max. or min., as ford's li'l state per speed 70. New album by **DOWN**

1 Pre-leaf forms #1-Across: 'Power in the 2. Iris spot 71. Shoe heel style 3. Rage 72. Code for White-4. Nudist colhorse's internationony sight

5 Tibetan ox 6. Store section. shortly

7. Mixture

8. _ out (Stops running) 9. Moo _ pork (Takeout dish) 10. Unforgettably 11. Napoleon's

exile isle 12. Fibs 13. Wrongdoing, in law 19. Fruit iuice 21. View 24. Geisha's outfit accessory 26. ISP, e.g. 27. Happen 28. Communications device 29. '60s-style protest 31. Ancient love god 32. Stars that suddenly shine brightly 34. Snail's trail 35. Adjusted the guitar's strings 36. Bryan Adams "The Best Was _ Come" 38. Evening out 40 Shout 42. River excavator 45. Self-pride 46. Tuktoyaktuk locale, briefly 49 Rambi's aunt 52. Ahead of time 54. Common greeting 55. Slow-cooked meal 56. Icicle holder 57. Chopped 59. Gladiator's 2009 60. "Hey Hey, _ (Into the Black)" by Neil Young & Crazy Horse 62. Safari roarer 63. Kings of

(Rock band)

64. Breaks off

cube

66. Board game

67 TV network

* IT'S ALL IN THE STARS by Sally Brompton

Aries March 21 - April 20 A relationship problem must be dealt with this very moment. If you leave it any longer the window of opportunity you have to make things better will close once and for all. Whatever the issue is, find ways to get over it.

Taurus April 21 - May 21 You simply don't care if some of the things you say offend other people - in fact you want it to happen. You will choose your words for maximum impact today.

I Gemini May 22 - June 21 Try not to worry about money matters today because there is nothing you can do to change things. Use your imagination to visualize being rich and secure. What you imagine today will be your reality tomorrow.

Cancer June 22 - July 23 Whatever you suggest, people seem determined to do the opposite. You could try to be smart and sell them a bluff. Suggest they do what you actually don't want them to do. It's an obvious trick but it might just work

Leo July 24 - Aug. 23 Why are you panicking? What could go wrong? With so much cosmic activity in the most sensitive area of your chart you have a tendency to look on the dark side. Lighten up, it's life!

Virgo Aug. 24 - Sept. 23 Why do you believe you have to prove yourself to people you hardly know? You are under no obligation to perform for their delight. If anything it should be the other way around.

Libra Sept. 24 - Oct. 23 Don't try too hard to make a name for yourself over the next few days because the planets warn you could end up with a name you don't like. You don't have to keep a low profile but you do have to play by the rules.

Scorpio Oct. 24 - Nov. 22 Somehow you will know in an instant what the people you deal with are thinking and feeling. That makes it easier for you to predict what they are going to do next, maybe even before they know it themselves.

Sagittarius Nov. 23 - Dec. 21 Your confidence may take a bit of a dip over the next few days. Mind you, your self-belief is usually so high that most people will still think you're incredible.

Capricorn Dec. 22 - Jan. 20 Be on your guard if someone offers you something for nothing today. It could be their generosity is not all it seems and you'll be expected to do something in return. Know the deal before you agree.

Aquarius Jan. 21 - Feb. 19 The harder you work the more work there seems still to do but you will get there in the end. Keep moving along at a steady pace.

Pisces

Feb. 20 - March 20 Throw yourself body and soul into what you are working on and believe that it will all come right in the end. The moment you start worrying is the moment you begin to lose focus and momentum.

CONCEPTIS SUDOKU by Dave Green

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Your essential daily news | monday, July 13, 2015

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O O



"All That Oil," one of six rafts that participated in the 56th annual Sourdough River Festival, doused its competition and the spectators with water before setting out from Terwillegar Park for Rafter's Landing. BRAEDEN JONES/METRO

Rain aids Jasper Park fire fight

TACTICS

Crews now on the ground and building a fire line



Ryan Tumilty Metro|Edmonton

With a little help from Mother Nature, crews have been able to get on the ground to confront a wildfire in Jasper National Park, but the blaze is still categorized as out of control.

The fire, which broke out Thursday and burned for much of the weekend, is starting to slow down thanks to a small amount of rain.

"It has allowed us to safely get crews on the ground and start working on the fire line, so establishing a perimeter and containing that fire," said Kim Weir, a fire communications officer with the park.

She said before the rain, the fire was moving too fast to get crews on the ground, but they are now in position and trying to establish a fire line while helicopters attack from above.

"It has allowed us to change

tactics and actually directly attack this fire," she said.

Weir said they believe the fire was caused by a lightning strike, but it may have taken days or a week to emerge and expand.

"That fire actually smoulders underneath the ground for a period of time until we have just the right conditions for it to come to life," she said.

The Jasper fire was among more than 100 in Alberta Sunday, while many fires burned in Saskatchewan and British Columbia as well, leading to air-quality issues.

Alberta Health Services put a heat advisory in place on Friday as temperatures soared. Dr. Chris Sikora, the AHS medical officer of health, said he was not yet sure if the advisory, along with air-quality advisories, would continue.

He said people should try to avoid too much strenuous activity if they can, with the smoke in the air. This applies particularly to those with respiratory conditions, he said.

But he added that people in good health will likely not have a problem.

"People can get coughs or throat irritation, but generally people are going to be fine," he said.

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Your essential daily news

McDonald's swears toy doesn't curse. **Business**

Soft serve with a smile District heating

LOCAL BUSINESS

Ice cream truck sets the bar for customer service



Andrea Ross Metro | Edmonton

The familiar ice cream truck jingle has been making Vat Thanabal happy for 22 years.

So have the 30-degree summer days when sprinkler-soaked kids run across lawns to his lime green truck for red, white and blue Turbo Rocket Popsicles. Or when tired downtown businessmen grab a dipped cone at the end of a long day.

He was only 16 years old when

he first started driving an ice cream truck, and he's done it every summer since.

"Ănything you buy at Dairy Queen, I have it," he says. "I get to make people smile. I love that."

Thanabal owns Bhagvan's Dairy Cream ice cream truck. The lime green truck is covered in paintings of sundaes, ice cream cones, slushies and a "watch for children" sign on the back, painted by Toronto and Calgary artists. It's a familiar sight at city festivals and throughout neighbourhood streets.

Thanabal's family started Bhagvan's in Toronto in 1994, before expanding to London and Windsor. Thanabal brought the business to Edmonton in 2009, hoping for a fresh start in Alberta.

Working in a factory for eight

months of the year, Thanabal looks forward to the summer season when he can go out and interact with the community while serving Saputo soft serve ice cream.

He's serious about service, and it's this attitude that has built him a loyal following.

"Before, Edmontonians thought an ice cream truck is just a novelty truck, not even professionally done," he says. "But service is important, and my business is all regular customers.

A typical day starts early for Thanabal, when he tracks inventory at his home on 118 Avenue. Despite only an hour and a half of sleep some nights, he hits the streets early, visiting factories, car dealerships and neighbourhoods across the city. Businesses like AMA often book him for corporate events, and he also visits First Nations reserves outside the city, supplying frozen treats for powwows.

He doesn't consider Edmonton's booming food truck scene competition — none offer the soft serve he has at the ready. At the end of the four-month summer period, he often achieves sales of six figures, he says.

"Some days are a little tough, but at the end of the season, it pays off," he says. "At the end of the day, it doesn't matter how hard I worked. I made money and I made people happy. This business is not just about profit. I like it, I get people to smile."

Thanabal has had his fair share of dairy treats over the years. His all-time favourite?

"Chocolate milkshakes," he says with a grin.



Vat Thanabal peeks out from inside his ice cream truck, which has been doing a steady business this summer. ANDREA ROSS/METRO

The city is pushing ahead with a plan for a district heating system in the downtown.

Councillors approved a plan last week for Calgary company Enmax to prepare a business case for the proposed system that could offer heat to buildings across the downtown.

Pat Bohan with EnMax said the company has a system in Calgary that is working and getting more efficient all the time.

We have been successful in the last 24 months ... in optimizing that plant and that infrastructure," he said.

Bohan said the buildings that connect to the system will still use as much heat, but it will be coming from a much more sustainable source. Epcor would also be involved in the project.

He said taking large boilers and furnaces out of buildings is also a benefit because it frees up space that can be put to better use.

Bohan said he hopes the system could start to connect customers within 18 months.

"We have actually started to look at where the best location for the pipe is and where the best location for the plant (is)," he said.

Council will get a detailed business case in the fall, but Mayor Don Iveson expressed optimism during the council meeting that the timing was right with so much construction ongoing.

RYAN TUMILTY/METRO



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4 Monday, July 13, 2015 Edmonton Metr® NEWS

RAFTING

Bad flow slows racers

Makeshift river raft racers new and old bumped and floated down the North Saskatchewan River Sunday for the 56th annual Sourdough River Festival.

But they floated slower than usual. The first place finisher bobbed up to Rafter's Landing shortly after 5 p.m., more than an hour later than expected.

Event organizer Ken Evisew said the delayed finish "definitely" has to do with river conditions. The river is sitting at a below-average level, and with a flow that is reportedly less than half the average rate.

"We're not surprised at all, folks would have been held up a bit in spots and would have needed a tow off sandbars," Evisew said.

Park rangers, city police and firefighters, and the race admiral's jet boat were on the river with racers to help keep them moving. Crafts launched from Terwillegar Park around noon beneath a hazy sky that did little to deter a crowd from turning out for the pancake breakfast and race launch excitement.

One of two new entries, "All That Oil," sported an oil derrick mast and Edmonton Oilers colours. Evisew noted entries were down 50% from last year, due to many perennial corporate entries not having the fun money to participate.

"We reached out to some folks and they said they had trouble getting a team together because of the economy," he said.

He hopes participation rebounds next year.
BRAEDEN JONES/METRO

Alberta trout streams threatened despite plan

ENVIRONMENT

Survey shows habitat affected by overuse and development

Virtually all southern Alberta streams that spawn native trout are threatened by industrial development or overuse, says a survey from a respected fisheries biologist.

That's even though both bull and rainbow trout are protected under federal law and are supposed to be benefiting from a recovery plan, said Lorne Fitch.

"I have watched habitat and fish populations crater," said Fitch, an adjunct professor at the University of Calgary, who spent 35 years as a leading provincial biologist. "All of our systems are under extreme pressure."

Fitch studied 54 small rivers and streams that flow into the Oldman River and hold bull and cutthroat trout. He found nearly every one of the waterways face multiple pressures: from logging roads to energy development to off-highway vehicle trails.

Scientists suggest land that contains trout streams shouldn't have more than about just over half a kilometre of trail, cutline or road per square kilometre. The disturbance density in parts of the



A new survey of trout streams in southwest Alberta suggests that virtually all of them are threatened by industrial development or overuse. Bull trout, like the one pictured here, have lost more than 70 per cent of their historic waters. KEVIN TURNER/THE CANADIAN PRESS

Oldman watershed is nearly 10 times that

The reason, Fitch said, is sediment. Nearby roads, forest disturbance and stream crossings all cause soil to wash into the current.

Scientists used to believe that silt simply washed out. No longer.

"What researchers are now finding is that this sediment actually starts to get trapped Trout would have to come equipped with a pickaxe to break through some of that

substrate.Lorne Fitch, professor

into the gravels and cobbles that make up the stream bed," Fitch said. "That stuff solidifies, so that not only is it difficult for water to permeate through, it's very difficult for trout to build a redd (nest).

"Trout would have to come equipped with a pickaxe to break through some of that substrate."

And those hardpack streambeds aren't going away

any time soon, said Fitch.

"Some researchers have said this might endure for centennial time. It isn't fleeting."

The result is that cutthroat populations are estimated at five per cent of historic levels. Bull trout — Alberta's provincial fish — have lost at least 70 per cent of their original range.

Alberta's previous Tory government completed a land-use plan for the entire South Saskatchewan River watershed, which includes the Oldman. Fitch said it barely mentions fish, contains no specific recommendations for their protection and defers most important decisions to local management bodies.

"I was underwhelmed."

Fitch said the decline over the last generation or two in southern Alberta has been echoed all over the province.

A spokeswoman for NDP Environment Minister Shannon Phillips acknowledged trout are in decline. But Laura Tupper defended the previous government's plans.

"Headwaters protection, controlling industrial activity and monitoring water quality are just a few measures under the (plan) that will work to improve threatened fish populations," she wrote in an email.

Tupper said the government is spending \$10 million to restore streams damaged in the 2013 floods and to support other watershed management efforts. THE CANADIAN PRESS

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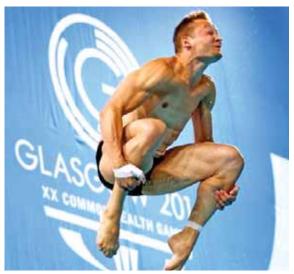
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Cody Yano has hopes to compete in the 2016 Summer Olympics as a three-metre springboard diver for Team Canada. CONTRIBUTED

Springboard diver testing the waters

SPORTS

Edmonton athlete eyeing 2016 Olympics



Stephanie Dubois Metro | Edmonton

Springing from the diving board, Cody Yano sails through the air before crashing into the water.

His only sign of a successful dive is applause muffled through the depths of the pool.

But his goals are set on hearing louder cheers on an international stage. It's the thrill of the dive, the "flying through the air" that drives Yano to be part of Team Canada's diving team for the 2016 Summer Olympics.

But that takes time — and training.

Yano, along with a handful of other Edmontonians, is in Toronto for the Pan Am Games. But instead of prepping for the biggest sporting event every four years by partaking in the Pan Am Games, Yano is on the sidelines in Ontario, volunteering his time with Team Canada as he recovers from a back injury caused by about 18 years of diving.

The Edmonton-born athlete aimed to get into the Pan Am Games but was halted by his injury.

Yano isn't the only one on a path to the Olympics. Thanks to the diving training facilities that are some of the best in the country, others with the Edmonton Springboard and Diving Club run by two-time Olympic coach Herb Flewwelling have attempted to make it onto the important international sporting event.

But Yano is taking a break from rigorous training this summer, with plans to ramp up his training to get back on the path of three-metre springboard Olympic competition.

Training seven days a week at the Kinsmen Pool along with three-times-a-week weight training, paired with full-time studies at NAIT makes it challenging but worth it, said the 24-year-old.

"It's all a balancing act."



🛑 IN BRIEF

Edmonton Firefighters memorial vandalized

The Edmonton Firefighters Memorial was vandalized on the weekend, and local police are looking for information regarding the crime

Anyone with information is asked to contact Edmonton police at 780-423-4567.

RCMP seeks driver after cyclist hurt in hit and run

The RCMP are looking for the driver involved in a Saturday afternoon hit and run in Stony Plain. A female cyclist, 16, was hit by a vehicle near the Boulder Boulevard and North Park Way intersection. She was taken to Stollery Hospital with non-life-threatening injuries. METRO

PIGEON LAKE

Algae not hurting property prices: Realtors



Andrea Ross Metro | Edmonton

Blue-green algae warnings have plagued Pigeon Lake for years, yet some realtors say that's not the reason for the numerous "For Sale" signs popping up around the popular all-season lake south of Edmonton.

Pigeon Lake is one of the first large Alberta lakes this year to be issued an advisory for bluegreen algae, a scum-like bloom that can cause rashes, nausea and vomiting for people who come into contact with it.

Some potential property buyers are "disappointed" in the quality of the water, Re/Max Thorsby realtor Darcy Powlik said, but the lake still continues to attract buyers interested in year-round recreational activities.

"Is (algae) affecting value? Without question," he said. "You see a lot of listings, and you see listings being reduced. But there

are outside factors. It's not only the water that's causing people to sell."

More properties are for sale because of economic downturn, an aging population moving to the city, and a younger generation more keen on remaining closer to urban areas, Powlik said.

Reality Executives Polaris Pigeon Lake broker Barb Harrison, who has 20 listings at the lake, said blue-green algae advisories are to be expected with extreme heat early on in the summer. She says those looking to sell haven't had to drop prices because of the water quality.

"If prices are a bit off, I don't think it's due to the quality of the lake," she said. "I think it's due to the new government and the price of oil.

"Anybody who's owned a lake property anywhere in Alberta ... algae is not a concern because they understand it and it's on every lake. It's a fact of life and it's not here forever."

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NEWS Monday, July 13, 2015

B.C. brewer breaks seal on tough South Korean market

INTERNATIONAL BUSINESS

Abbotsford man succeeds despite nation's beer duopoly

Dan Vroon says he didn't set out to transform the South Korean beer industry, but the Abbotsford, B.C., native's attempt to bring craft beer to the masses has started a revolution in a market long dominated by a duopoly.

Vroon's Craftworks Taphouse and Bistro in Seoul was one of the first in a new wave of craft breweries that have renewed interest in the country.

Vroon said before he entered the business in 2010, imports of North American brews from the Boston Beer Company and

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MORTGAGE

Edmonton's Alley Cat Brewing Company were the only way for South Korea's large ex-pat community to get a taste of home.

He wanted to build a craft brewery to serve them, and locals looking for something new.

"They were missing the market entirely," he said.

Vroon said he ran up against a thicket of regulation that stopped the flow of beer from other craft brewers.

Vroon pushed back against rules that required breweries have more than one million litres of capacity to sell to wholesalers, which he said closed the door for smaller operations.

He said he also pushed for transparency on taxation after the first brewery he worked with was nearly bankrupted by an unexpected tax bill more than 10 times what authorities predicted.

He said he did his best to work

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within rules that prevented or made prohibitively expensive the importing of the yeast and hops needed for a top-notch

"The brewing laws were writ-ten in the 1950s," he said. "Nobody was around who understood them.

Vroon found the South Korean government receptive to new ideas that could promote local business.

In 2011, the government reduced the distributing requirement from one million litres of capacity to 120,000 litres, one of the first in a serwies of reforms that Vroon said has reinvigorated the craft beer market.

And as more breweries come online, he said, there are more voices pressuring the government for reform.

"They haven't given us everything, but they've definitely freed up the brewers to distribute their beer, cut some of the taxation and gave rebates for the smaller guys," Vroon said. "Now, the craft beer scene is booming.'

Some of the beers Craftworks

offers: the Jirisan Moon Bear India Pale Ale, the Seorak Oatmeal Stout and Baekdusan unfiltered wheat beer.

Vroon's work in developing a craft-brew palate among South Koreans has inspired others to meet the rising demand for Canadian brews

Brock Rodgers, co-founder of the Mission Springs Brewery in Mission, B.C., now exports around 40 per cent of his production of hops-heavy, full-flavoured beers to South Korea after beginning shipments in 2013.

"At that time, Dan (Vroon) was the only guy in town that was doing anything craft and doing it well," he said.

Rodgers said even with significant import taxes on his products that send the price well above domestic competition, his business is doing well because they are viewed as a premium product.

"There's a somewhat wellfounded belief over there that products from Canada are healthier, that the water's better, the air is better," he said. THE



When Dan Vroon established Craftworks Taphouse and Bistro in Seoul, South Korea, he aimed to appeal to ex-pats and locals interested in craft brews. The next thing he knew, he was promoting a whole new industry. THE CANADIAN PRESS

The brewing laws were written in the 1950s ... nobody was around who understood them.

Dan Vroon, who has been in the vanguard of Canadian craft brewers selling in South Korea.

Tories bust out wallet for election

All but overlooked in the past week of troubling economic news was federal Finance Minister Joe Oliver's unexpected nod to government stimulus spending.

The run-up to an October general election is happening amid talk of recession, international downgrades of Canada's growth prospects, weak world oil prices and several grim provincial outlooks — stormy seas for an incumbent Conservative government seeking a fourth mandate after staking its reputation on sound economic management.

A Conservative re-election plan hatched in sunnier days when a return to balanced budgets co-existed with voter-friendly

spending is now repurposed as a recession-fighting necessity.

"Some of the measures ... will inject almost \$10 billion in cash into the economy this year," Oliver told reporters in Vancouver last Tuesday.

Parents with children under 18 will receive new benefit cheques - retroactive to Jan. 1 — on July 20 in a one-time burst of cash totalling more than \$2.5 billion.

Conservative ministers and MPs are also announcing new community infrastructure projects from a variety of funds some of which have lain fallow awaiting the optimal moment.

SASKATCHEWAN WILDFIRES

Evacuees allowed to return to homes

Officials say residents of an evacuated reserve in northern Saskatchewan are being allowed to return home today after it was determined that their community was no longer in direct jeopardy due to the wildfires that have been burning within the province.

Duane McKay with emergency management says wildfires are no longer threatening the First Nations reserve of Grandmother's Bay.

He says buses are being arranged to transport at least 130 people back to the First

A convoy led about 150 people from five other communities in the northeast home on Saturday night.

The people belonging to those communities were not under evacuation orders but fires had earlier cut off their road access.

Because of the fires, they could not return to the communities from which they had travelled.

McKay says fire conditions near 50 additional communities are being evaluated. There are 13,000 evacuees

still waiting for word from those performing the evaluations that it is safe for them to return to their homes.

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metr

NEWS World Monday, July 13, 2015

Greece aims to make deal and avoid financial crash

EUROZONE

But creditors insist on tough austerity measures

Greece moved closer on Sunday to a desperately needed deal with European creditors that would stave off immediate financial collapse and the country's potential exit from the euro – but impose more hardship on its people.

Facing a self-imposed Sunday deadline, the eurozone's top official, Jeroen Dijsselbloem, said the sides have "come a long way" after two days of talks among finance ministers, but that the final effort on "some big issues" would be handled by eurozone leaders in a summit that was expected to go into the night.

Underscoring the optimism despite the often fundamental differences among the leaders, Italian Prime Minister Matteo Renzi said, "We are very close."

The broad outline of a deal appeared to consist of a long series of commitments from Greek Prime Minister Alexis Tsipras to push through much of a drastic austerity program within days, while the 18 other eurozone leaders would commit to start talks on a new bailout program.

In a four-page draft proposal put to eurozone leaders, language up for discussion spoke of a potential "time out from the euro area" for Greece if no agreement could be found.

It highlighted the increasing frustration with Greece during five months of fruitless talks. On Sunday, doubts on the Greek government's commitment to implement tough measures



German Chancellor Angela Merkel, left, speaks with French President Francois Hollande, centre, and Greek Prime Minister Alexis Tsipras during a meeting of eurozone heads of state at the EU Council building in Brussels on Sunday. THE ASSOCIATED PRESS



The most important currency has been lost: that is trust and reliability.

German Chancellor Angela Merkel

"The most important currency has been lost: that is trust and reliability," said German Chancellor Angela Merkel, reflecting on five months of tortuous negotiations with Athens.

In the draft document, Greece committed itself to pushing a first set of measures through parliament by Wednesday. Despite the stinging conditions on pension, market and privatization reforms, Tsipras insisted his government was ready to clinch a deal.

"We owe that to the peoples of Europe who want Europe united and not divided," he said. "We can reach an agreement tonight if all parties want it."

Greece has asked Europe's bailout fund for a 53.5-billioneuro, three-year financial package, but many officials in Brussels say the figure will have to be much higher and insist on tough Greek austerity measures. This would be Greece's third bailout in five years.

Merkel, however, insisted that Germany would not sway from its stance that Greece needs to do much more to get any help just to save its position in the 19-nation eurozone.

"There will not be an agreement at all costs," she said, coming into Sunday's summit meeting. "Nerves are tense."
Highlighting the differences

within the creditors' camp, French President Francois Hollande insisted it was vital to keep Greece in the currency club and BACKGROUND

Greece desperately needs help to avoid a financial collapse. The economy is in free-fall, and the country faces big debt repayments in the coming weeks. Greek banks have been shuttered for the best part of two weeks. and daily withdrawals from ATMs have been limited to a paltry 60 euros. The banks, according to some accounts, have barely enough cash to last through the week.

avoid a so-called "Grexit."

If Greece had to leave the euro currency, "it's Europe that would go backward," Hollande said. "And that I do not want."

France is considered Greece's closest ally and even helped Tsipras prepare the reform proposals that were a minimum requirement for getting fresh talks.

Finnish Finance Minister Alexander Stubb, one of Greece's most outspoken critics, said a package of proposals sent to the leaders involved three key elements, including the Greek parliament's passing of a series of unspecified laws by Wednesday.

If these conditions are met, then talks with Europe's bailout fund can proceed, Stubb said.

"We have surely taken a good leap forward," Stubb said.`

Tsipras cleared one hurdle Saturday when lawmakers in the Greek parliament overwhelmingly backed a package of economic reforms and further austerity measures, in hopes that would convince European creditors to back the third bailout. THE ASSOCIATED PRESS

Drug lord on the lam

Mexico mounted an all-out manhunt Sunday for its most powerful drug lord, Joaquin (El Chapo) Guzman, who escaped from a maximum-security prison through a 1.5-kilometre tunnel from a small opening in the shower area of his cell, according to the country's top security official.

The elaborate underground escape route, built allegedly without the detection of authorities, allowed Guzman to do what Mexican officials promised would never happen after his re-capture last year — slip out of one of the country's most secure penitentiaries for the second time.

If Guzman is not captured immediately, the drug lord will likely be back in full command and control of the Sinaloa cartel in 48 hours, said Michael S. Vigil, a retired U.S. Drug Enforcement Administration chief of international operations.

"We may never find him again," he said. "All the accolades that Mexico has received in their counterdrug efforts will be erased by this one event."

Eighteen employees from various part of the Altiplano prison, 90 kilometres west of Mexico City, have been taken in for questioning, Security Commissioner Monte Alejandro Rubido said in a news conference without answering questions.

A manhunt began immediately late Saturday for the head of the powerful Sinaloa Cartel, which has an international reach and is believed to control most of the major crossing points for drugs at the U.S. border with

Guatemala's Interior Ministry said a special task force of police and soldiers were watching the border with Mexico for any sign of the fugitive drug lord.

"The U.S. government stands ready to work with our Mexican partners to provide any assistance that may help support his swift recapture," U.S. Attorney General Loretta Lynch said in a

Associated Press journalists near Altiplano saw the roads were being heavily patrolled by federal police, with numerous checkpoints and a Blackhawk helicopter flying overhead. Flights were also suspended at Toluca airport near the penitentiary in the State of Mexico, and civil aviation hangars were being searched.

Guzman's escape is a major embarrassment to the administration of President Enrique Pena Nieto, which had received plaudits for its aggressive approach to top drug lords.

THE ASSOCIATED PRESS

Suspects in arson attack arrested

Israeli police have arrested a number of suspects in last month's arson attack on a famous Catholic church in the Holy Land, police spokesman Micky Rosenfeld said Sunday.

The fire is believed to be an attack by Jewish extremists, but Rosenfeld would not elaborate on the identity of those arrested.

The June 18 fire at the Church of the Multiplication of the Loaves and Fish caused extensive damage to the inside and outside of the building, including damage to the roof and prayer books.

The modern building is built on the remains of a fifth-century Byzantine church and features a Byzantine mosaic floor that was not harmed. The church marks the traditional spot of Jesus' miracle of the loaves and fish and is located on the shore of the Sea of Galilee in northern Israel. It is one of the most popular stops for Christian pilgrims visiting the Holy Land.



Scottish woman dies in hospital after spending three days in crashed car

A 25-year-old Scottish woman — who lay injured in her crashed car for three days because police failed to respond to an accident report — has died. Lamara Bell's family says she died in a Glasgow hospital Sunday, a week after the accident. She was found Wednesday beside her dead boyfriend John Yuill in a car that had slid down an embankment near Stirling in central Scotland. THE ASSOCIATED PRESS

Marine park urged to free dolphins

tested Sunday at a popular marine animal park on the French Riviera, urging it to free the dolphins kept in its pools.

The Marineland park management said the dolphins are a crucial educational tool and that releasing them into the wild could risk their lives because most were born in captivity and are accustomed to human companionship.

The animal-rights activists waved picket signs in English

the Marineland park in Antibes, trying to persuade visitors to sign petitions or go home. Visitors at the park can swim

with dolphins and see penguins, polar bears and the endangered Steller sea lion.

The park's zoological director, Jon Kershaw, said Marineland stopped capturing dolphins from the wild in 1989, and most of its animals were born in captivity.

THE ASSOCIATED PRESS

Business | metr®NEWS 8 Monday, July 13, 2015

Simons plans national expansion

Quebec-based fashion chain Simons targets western Canada

One of Canada's oldest familyowned retailers is hoping to defy industry woes by launching an expansion that could extend the Simons brand across Canada.

The 175-year-old company based in Quebec City will open its ninth

Quebec store in Gatineau next month before entering the British Columbia and Ontario markets and expanding its presence in Alberta.

The fashion retailer is spending up to \$200 million over the

next four years to open eight stores. It says the move is intended to boost its annual sales base of more than \$350

An outlet will open this fall in West Vancouver, followed by openings next year in Mississauga, Ont., and Ottawa. A second Edmonton store and a new one in Calgary will be added in 2017, and two more stores are expected to open in the Toronto suburb of Scarborough in 2018 and at the Yorkdale Shopping Centre in 2019.

Atlantic Canada, the Prairies or Winnipeg could join the list as more stores are added to reach a maximum of 25 to 30 stores, says CEO Peter Simons.

But Simons says he doesn't feel any pressure to make hasty

moves. "You don't think in nextwin their minds or quarter increments when you're a private company of five generations," he said from Que-bec City. "You

think in 25-year increments. Missing from the Simons national expansion plans is downtown Toronto, one of

Canada's toughest retail mar-

kets. Simons made a pitch to



Simons CEO Peter Simons poses in the fashion retailer's Quebec City store. Simons is one of Canada's oldest family-owned retailers, and the family hopes to defy industry woes by launching an expansion that could extend the store's brand across Canada. JACQUES BOISSINOT/THE CANADIAN PRESS

enter the Eaton Centre but that didn't materialize. Meanwhile, U.S. retailer Nordstrom will open next year at the old Sears location in the Eaton

Retail analyst Randy Harris of Trendex believes Simons' gradual expansion will make it a "national powerhouse" in the Canadian apparel market.

"A lot of retailers, while they're worrying about Nordstrom and Saks, have got to be equally worried about Simons," Harris said.

He said Simons' mid-market pricing and strong private label offering will resonate with shoppers looking for something new. In addition to clothes, Simons sells some home goods and is introducing shoes and a new restaurant concept called Eve. But unlike department stores, it doesn't sell cosmetics or "hard goods" like appliances.

Simons says he and his brother are keenly aware of the risks — particularly in trying to build upon its success in Quebec and spread it to English Canada while juggling the logistics of operating across the country.

As a relatively unknown brand outside Quebec, Simons said he knows the first challenge will be marketing specifically, to develop a relationship with shoppers so they keep returning after the initial rush wears off.

"There's still going to be this almost primordial desire for human contact, a quality human contact," he said. "I'm not trying to win their minds or their wallets. I'd like to win their hearts." THE CANADIAN PRESS

Minions toys isn't cussing: McDonald's

I'm not trying to

their wallets. I'd

like to win their

hearts.

Peter Simons, CEO of

Simons department store

McDonald's swears up and down that the little yellow "Minions" Happy Meal toy is speaking only nonsense words and not something more adult.

The world's largest hamburger chain and purveyor of Happy Meals said Friday it doesn't plan to take the talking Happy Meal toy out of distribution — the promotion runs through the end of July — even though some customers say it sounds like cursing.

A toy bought by The Associat-

ed Press made a sound that could be interpreted as the phrase often abbreviated as "WTF." Another sounded like it could be "Well, I'll be damned." The sound quality makes it hard to

say definitively.

"The brain tries to find a pattern match, even when just receiving noise, and it is good at pattern recognition," says Dr. Steven Novella, a neurologist at the Yale School of Medicine. THE ASSOCIATED PRESS

Nintendo president Iwata dead at 55

Satoru Iwata, the longtime president of Nintendo, has died at 55, the company announced

In a brief statement released by Nintendo, the gaming company said, "Nintendo Co., Ltd. deeply regrets to announce that President Satoru Iwata passed away on July 11, 2015 due to a bile duct growth."

Iwata took a leave last year due to the cancerous growth and was forced to miss E3 - one of the video game industry's largest annual conferences — due to his poor health.

Iwata, born in 1959, began working in the video game industry in the early 1980s, working with HAL Laboratory Inc., where he helped to develop landmark titles such as the

He joined Nintendo in 2000

Satoru Iwata, Nintendo Co., Ltd., global president, on opening day of the 2009 E3 Expo on June 2, 2009 in Los Angeles, Calif. DAVID MCNEW/GETTY IMAGES FILE

as the head of the Corporate Planning Division, and was appointed President in 2002, when he took over for Hiroshi

In his time at Nintendo's helm Iwata oversaw everything from hits like the GameBoy Advance SP and the Wii to the less successful Wii U.

Though its latest offerings have not been as industry-defining as some of the company's landmark consoles, Iwata was an enormously popular and influential figure in the industry.

Gamers, game developers and fans alike took to social media to lament Iwata's sudden death. The news was trending globally shortly after the announcement.

There has been no word yet on his replacement.

A funeral service will be held on July 17. He is survived by his wife Kayoko. The company declined to disclose other details of his family.

TORSTAR NEWS SERVICE

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METEWS

Your essential daily news

Monday, July 13, 2015

THE BIG POLL: Fitness fails

From skimpy summer clothes to Pan Am bodies, many of us have fitness on the brain. Wearable devices can help track your progress — if you use them. Recent research shows only half the people who sign up for the activity tracker Fitbit stick with it. A third quit within six months. We asked our online readers if they've ever flaked out on their fitness goals. THE ASSOCIATED PRESS

POLL: What would get you to stick to a fitness routine?

50% I have a routine

27% More hours in the day

7% Looking at super-fit people

7% A big financial reward

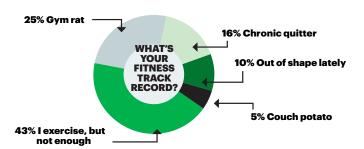
5% Doctor's orders

4% Nothing



POLL Have you ever used a fitness app or wearable device?







Visit metronews.ca every Friday to answer The Big Poll.

Too many dirty details could derail LRT plans

Omar Mouallem



Some colourful language has described the findings of a 2013 Metro light rail transit inspection report leaked to the Edmonton Journal, including "boondoggle" and "s**t-show." And those were just city councillors' words.

But what most seem afraid to ask is, what will we find in the other 79 reports we've now learned exist? But do we want to know?

It's an awkward question coming from someone whose job is informing the public. But it's worth considering as outrage over the \$665-million, 15-month delayed line intensifies, and as city administrators insist the reports are routine, the issues are under control and the delays are unrelated.

Nevertheless, our peeved council passed a motion Monday calling for "maximum transparency" from now on.

The motion suggests transportation and Edmonton Transit System have acted with duplicity in the eyes of council.

The relationship has been strained for some time, even after a new general manager arrived in September 2013 to carry out the transportation master plan.

The Metro Line hubbub, chronic delays and an uninspired capital budget proposal have clearly bred distrust between these elected and unelected public servants.

During budget deliberations last November, Mayor Don Iveson — annoyed with administrators' proposal not to fund Edmonton's active transportation policy — told them, "I'm frustrated that, after seven years of articulating and running as mayor on a plat-

form for that, that still hasn't gotten through."

In the last seven months the transportation department has had to announce massive delays on the Walterdale Bridge and Groat Road after four girders buckled mid-construction. A spokesman for the department told me this spring has been the most challenging season he's experienced in his six years with the city.

But while council is losing confidence with transportation, public discourse suggests Edmontonians are losing confidence in council's vision for an aggressive LRT expansion. What faith will be left come Aug. 24, when a full audit on the Metro Line is due?

And that's what's so worrying about this call for more transparency.

If indeed the experts are honest, and the reports are simply routine, are we and city council even capable of understanding or believing them any more? Could further frustration reverse the political and public will for more trains, despite the fact that LRT expansion is core to Edmonton's sustainability and economic potential?

Of course it could. The day after council grilled administration on the LRT report, it voted to scrape off Edmonton's longest stretches of bike lanes two years after they were painted. They were deemed useless and unsafe, despite the Transportation Association of Canada awarding the City for the lanes' operations and safety reviews.

Logic doesn't always prevail in these matters. And with so much angst around the Metro Line, LRT could be next.

Omar Mouallem edits The Yards magazine. Follow him on Twitter at @omar_aok.

ROSEMARY WESTWOOD

metroview



It shouldn't be so hard to have fun.

On a recent afternoon, I was throwing out texts like confetti, looking for friends to come out and play.

Few could be found. Some had plans. Most just didn't feel like it.

Who doesn't feel like fun? The 30-somethings, that's who. We're too tired, too busy or too lazy for impromptu fun — the hallmark of youth. We're not the new 20. We're way too uptight for that.

We (OK, I'm 29) have a lot on the go. We pack our lives as tight as carry-on luggage, and curate our playtime like our wardrobe, pairing these people with those, never mixing those with them. Worse, we have an outsized sense of personal time — a euphemism for selfishness.

We're not up for anything, we're up for exactly what we feel like doing at exactly this minute.

Want to make plans? Let's play it by ear! Should we meet up? I'll see how I feel!

"This shouldn't be so hard," I complained to one friend, who agreed.

"Where's my crew?" I asked. She shook her head. Planning a party, she noted, is truly harder than herding cats. Some people promise to "stop by for a bit" before another event (they never show). Others "aren't sure

if they can make it" — code words for not wanting to commit.

We're not innocent, my friend and I agreed. We both cancel coffee dates on a whim. The other weekend I texted a friend that we'll "keep in touch about Sunday," and we didn't talk again for a whole week.

"The more the merrier" isn't a phrase we use often. We'll see one friend for a movie, another for a coffee, another for a yoga class. God forbid we should invite anyone else. We haven't seen this person in weeks (so busy!) — We need to catch up!

When I lived in the U.K., I had a true crew. We did everything together. Everyone was invited. There were no friend schedules. Fun was not work. Every Christmas Eve we'd sit around someone's table, with goose- or turkey-piled plates and Prosecco-topped glasses.

I imagined I'd own a house one day, and the door would always be open. People would pop by unexpectedly and stay for coffee. If anyone dropped by my apartment these days, I'd drop dead of shock.

If I have to work harder to find a friend than a source for a story, something is wrong. Maybe we should get over ourselves just a little bit, plan a little less, and say yes a little more. Either that, or admit it: We're too old to let the good times roll.



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FREE TO SHARE



A burnout and a has-been

BATMAN V SUPERMAN

New trailer out at Comic-Con shows clash of fallen heroes

All is not well for Superman, audiences at Comic-Con found out on Saturday during a jam-packed and revealing Warner Bros. presentation. The studio also debuted a first look at the comic-book movie Suicide Squad at the annual con-

Batman v Superman: Dawn of Justice was the main event that fans had camped out for days to see. Stars Ben Affleck, Henry Cavill, Gal Gadot and Jesse Eisenberg were on hand to talk about the superhero showdown — a step up from last year's Comic-Con when none of the stars was allowed

In the first full trailer for the film, out on March 25, 2016, we see a society that has turned against the godlike Superman (Cavill) following a massive disaster. While Holly Hunter's

I think if I thought too hard about the actors who played this part before, I couldn't have taken the iob.

Ben Affleck on playing Batman



steadfast senator schemes with Eisenberg's Lex Luthor to protect the public from the dangerous Superman, Affleck's Batman decides to take matters into his own hands.

"The idea of Batman fighting Superman is a thing that happens all the time in comic books," said Zack Snyder, who also directed Man of Steel. He likes to pay homage to Frank Miller's The Dark Knight but wanted to make clear that this story is not that story.

Oscar-winning screenwriter Chris Terrio (Argo) wrote the

Snyder said the story will also launch toward bigger conflicts with other superheroes.

"Who knows?" he said coyly.

"I mean, I do know."

While audiences have met Cavill's Superman before, this is their first real introduction to Affleck's Batman.

"I think if I thought too hard about the actors who played this part before, I couldn't have taken the job," said Affleck. But Snyder explained to him that this Batman would be dif-

ferent. He told Affleck that Bruce Wayne here is at "the end of his rope, he's older, he's a burnout.

As the villain Lex Luthor, Eisenberg said that there's "always a campy element to the character."

But unlike in previous versions, this Lex Luthor has an "emotional groundedness." He also has hair.

Gadot, who plays Wonder Woman in this film and in an upcoming standalone, said her character has the "strength of a superhero" but is "very sophisticated, loving and has a lot of emotional intelligence.'

Warner Bros. also showed the first footage from Suicide Squad, another DC Comic about a group of imprisoned supervillains recruited by a government organization to perform black ops for their freedom.

The film, directed by David Ayer, stars Will Smith as Deadshot, Margot Robbie as Harley Quinn, and Jared Leto as The

The first trailer shows the origins of the gritty, punk rock group of villains turned heroes.

'So that's it, we're the patsies. We're some kind of suicide squad," Smith's Deadshot says in the trailer. "So let's save the world.

Leto's snivelling Joker, who sounds strikingly similar to Heath Ledger's version, closed the trailer with an ominous

"No, I'm not gonna kill you. I'm just gonna hurt you, really, really bad," he says.

Ayer, who is in the middle of shooting the movie in Toronto, made it a priority to fly to the convention with his cast.

He brought out Smith, Robbie, Viola Davis and others to say hello and quickly exit the stage. Smith said they'll be back next year for the film, which comes out on Aug. 5, 2016. THE ASSOCIATED PRESS





metr

LIFE | Work & Education Monday, July 13, 2015



Office loafers can be a drag, but sometimes it's best to turn a blind eye and let your boss deal with their negligence. ISTOCK

Rising above your slacking co-worker

PRODUCTIVITY

Don't let a lazy colleague get you down in the dumps

OFFICE RELATIONS Eleni Deacon

You scarf down lunch at your desk, Alex takes a 90-minute stroll. You spend all day answering emails, Alex catches up on Facebook. And when 5 p.m. hits, he's out the door while you're stuck wrapping up loose ends until dinnertime.

Loafer co-workers can be a persistent drag. Not only can they seem oblivious to the volume of work they should actually be tackling, it's often their peers who must make

release button?"

up for their slacking. When faced with a colleague who won't carry their weight, don't seethe - seek relief.

Start by evaluating the sloth's impact on your workload and output. Is their laissezfaire approach actually hindering your performance or is it merely irritating to watch them chill out while you stress out? In the latter case, the problem isn't so much about their work ethic as your reaction to it. Rather than resenting them, try to ignore them.

Constantly covering their tracks? There's an out: Stop. By picking up where their laziness leaves off, you enable their apathy. Provided you won't get blamed in the process, consider turning a blind eye next time they might miss a deadline. Better your boss notices their negligence - and takes action - than prolonging an unfair cycle in which you spend hours compensating for someone

When faced with a colleague who won't carry their weight, don't seethe _seek relief.

Eleni Deacon

else's hour-long breaks.

When a conversation becomes necessary, talk directly to your co-worker before raising your complaints with the highers-up. Avoid being accusatory; your concerns will have more oomph if you lead with curiosity. Ask about their work style and whether there's a reason they've fallen behind.

What you take for lethargy could just be a different way of doing things. Their pace might be slow because they pay meticulous attention to detail, or they may be confused about a project's requirements. Try to

understand each other's perspective and establish a concrete division of work.

If you're still sweating while they're vegging, it's time to bring in your boss. Again, put your emphasis on examples rather than gripes. Point to specific ways in which your colleague's carelessness has affected your output, keeping the discussion centred closely on work rather than personal grievances. Although it's fair to address how a co-worker's disinterest has affected your ability to do your job, it's best not to seem like a tattler. Don't vent frustrated feelings focus on facts.

Some slugs will never perk up. And while their inertia can be infuriating, it can also be time-wasting. Try not to obsess over how little progress someone else is making on their daily tasks. Instead, concentrate on how far you can go in your career.

The stuck stops here

TIPS FOR SUCCESS

Feeling stuck? Here's how to get out of any sticky situation

Everyone gets stuck. Sometimes we get tripped up completing the simplest tasks — like retrieving a file from someone else's computer or picking what to eat for lunch. Sometimes we run into a mental block when working on a creative project or assignment · like, um, an article about getting unstuck. (Seriously, do you know how long it took to start writing those two senten-

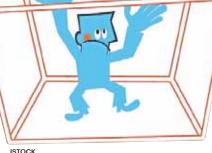
And other times it's the big stuff that leaves us paralyzed with indecision or self-doubt: What we want to do with our lives, where we want to live, whether — or when — we want to start a family.

Prof. Bernard Roth, co-founder of the Hasso Plattner Institute of Design at Stanford, teaches an entire class on getting stuff done. His students have to come up with and complete one big task per term — anything from building a rocket to completing a triathlon. And his new book, The Achievement Habit: Stop Wishing, Start Doing, and Take Command of Your Life, applies the insights gleaned from 40 years of teaching people how to achieve their goals.

We asked Roth for some suggestions on how to get started

> lem at all. This works for not only the most mundane everyday tasks, but the monumental ones too. Says Roth: "If people back off and reframe their question and find the right problem, often the answer is right there."

the cap.



Reframe your problem

The reason why so many people get stuck? Because, Roth says, they're often asking the wrong question, or identifying the wrong thing as the problem.

"For example, the other day I rented a car, and I couldn't find where the release was for the gas tank cap," he explains. "I spent about 20 minutes trying

Draw it out

In his book, Roth includes 22 exercises that can help readers conquer a mental block, and a lot of them include visuals from storyboards to mind maps to all sorts of diagrams. Roth says visuals unleash creative thinking. "Pictures just encapsulate so much more information and nuance. They're more evocative." RAQUEL LANERI/METRO IN NEW YORK



12 Monday, July 13, 2015 Finance Metr@LIFE

A balanced budget at your fingertips

SMARTPHONE TECHNOLOGY

Three apps to help keep your assets in check



Getting started in personal finance is often as simple as keeping track of where your money is going in and where it is coming out.

Unfortunately, when most of us get home from our jobs, commutes, workouts and whatever else life throws at us, the last thing we want to do is sift through bank

statements and utility bills.

The most painless way I've found to stay on top of my finances is to make things as automated as possible, and then simply track it all using my smartphone.

See if these three apps make your life easier when it comes to managing your finances:



MINT

Market leader

Mint is the most commonly used personal finance app and is widely reported as being the market leader for good reason. Mint is excellent at tracking your spending and helping you budget, but where it truly separates itself from the pack is its automatic importing feature. By linking up your investments, credit cards, savings and chequing accounts with your Mint profile, you can import all of your relevant information into one place without even thinking about it.



YOU NEED A BUDGET

Planning ahead

The cloud platform You Need a Budget (YNAB) is Mint's chief competitor. While the app doesn't have Mint's automatic importation feature, supporters feel that the focus on planning your financial future more than makes up for it. YNAB isn't free (unless you're a post-secondary student), but during seasonal sales you can snag a licence for well under the normal one-time price of \$60. Purchasing YNAB also gives you access to financial literacy classes and tutorials.



WAVI

Small business

If you're a small business owner or freelance contractor, this is the app for you. I use Wave to keep track of both my personal and business transactions because it's simple and custom-made for small business owners. My favourite feature is the ability to scan receipts on my smartphone, which are then automatically imported into my Wave account where they are fully searchable at a later time. Say goodbye to your shoebox full of random receipts come tax



There are plenty of apps that can make your financial planning less taxing — whether you're the owner of a small business, a post-secondary student keen on planning your financial future, or someone who is simply looking for a one-stop shop for budget management. ISTOCK





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metr
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Facebook admits people smarter than an algorithm

SOCIAL MEDIA

Website's new features put more power in users' hands

Eva KisMetro in New York City

Humanity can feel a bit smug this week, after some reassuring evidence that we're still necessary to keep civilization humming along.

Last week's seemingly unrelated meltdowns of the New York Stock Exchange, United Airlines and the Wall Street Journal made clear that computers, even very important ones, crack under pressure. And it takes the human touch to get them back to working order.

There are many things that are improved with the help of a human. But until now, Facebook

has been reluctant to acknowledge that we're better curators of our feed than an algorithm.

The social media giant, which exists purely because of content generated by its users, has historically had a disparaging view of letting us tweak how we use it. From rearranging our timeline by what's "Most Relevant" to still not having a way to replace baby photos with cats, Facebook's philosophy has been to take the user out of the experience whenever possible. (How else do you explain that GIFs didn't work on the site until a couple weeks ago?)

That ended with some new features that at least address one of the site's biggest problems with an algorithm-curated feed: missing posts from the most important people in our lives.

• Tell Facebook not just who you want to see less of, but who you want to see more of. All posts by the people (and businesses) you put on this list will be displayed top of your feed.



The view from Facebook Tokyo. The social media giant now allows users to specify not only who they want to see less of but also who they want to see more of in their feed. HANDOUT

• Has the friend you unfollowed when they wouldn't stop talking about Game of Thrones reformed their ways? Now you can see a list of the people you have unfollowed and determine whether they've got more things to talk about now.

• Unlike Twitter's grab-bag email recommendations that arrive every time you follow someone new, Facebook will make a list of people, groups and businesses you can follow based on pages you've liked in the past.

Thanks, Facebook. We know that in Silicon Valley, it's not cool to admit that "ultimately you're the only one who truly knows what is most meaningful to you."

But (for the immediate future, at least) that's still true.



Travellers spend \$2.22B a year on Wi-Fi, roaming

The Business Traveler Connectivity Cost Index shows that those of us needing to use smartphones, tablets and PCs while on the move are collectively wasting \$1.33 billion a year in charges.

The report, compiled by Rethink Technology Research and iPass, focuses solely on North American and European business travellers and estimates that an American travelling internationally on business is racking up between \$828 and \$1,780 a month in cellular roaming charges.

The report calculates that if travellers all used global roaming subscription services, as much as \$1.33 billion could be saved annually. AFP



traveller now consumes 4.5 GB of data a month.





No purchase necessary. Contest open 12:01 am on July 8, 2015 to 11:59pm on July 16, 2015 to legal residents of Calgary, Toronto, Edmonton, Vancouver, Winnipeg, Ottawa and Halifax (ex QB) of age of majority in their province of residence at time of entry. Prizes available 20 double passes to the advance screening of SOUTHPAW per market. ARY \$25.00 a period. DN. Odds depend on number of eligible entries received. Internet, email address, and math skill testing question required. Rules and entry www.clubmetro.com

14 Monday, July 13, 2015 Health Metr@LIFE



BEACH SAFETY

Risk of shark attacks down in California, despite North Carolina news

Swimmers and surfers today are about 90 per cent less likely to be attacked by sharks off California's coast than they were in the 1950s, even though there are hundreds of thousands more people in the water, according to a new study.

The findings mark a stark contrast to recent headlines out of North Carolina, where a record number of shark attacks have been reported this year. Eight people were bitten in the past three weeks alone.

More research is needed to explain the apparent disparity, said Francesco Ferretti of Stanford University's Hopkins Marine Station.

What the study did show was that although the reported number of attacks along California has risen slightly over the past six decades, the risk of attack has plummeted, according to Ferretti and fellow Stanford researcher Fiorenza Micheli.

"Considering how many more people are out there in the ocean, we should expect many more attacks," Ferretti said Thursday.

Researchers said the decline likely was the result of sharks focusing their attention on their natural prey, such as sea lions and elephant seals — whose populations have surged in recent years thanks to conservation efforts.

There might also be fewer sharks in the water, they said. It's been tough historically to track shark populations.

On average in the 1950s, California saw less than one attack on humans per year, Micheli said. That number has gone up to about one or



738 million beach visits.

"You have a better chance of winning the lottery," Ferretti said. For surfers, the chances were one in 17 million.

"It's a saying in the community: You're more at risk of getting hit by a falling coconut," said Chris Plante, an assistant curator at Aquarium of the Pacific in Long Beach. "I don't have numbers to back that up, but I do know you're more at risk of getting bit by a dog than a shark."

Swimmers and surfers can further reduce their risk by taking to the water in the spring. Attack rates vary throughout the year, with the highest in October and November and the lowest between March and May. The pattern matches sharks' seasonal shifts in migration, Ferretti said.

Attacks are much less likely in San Diego, Orange, Los Angeles and Ventura counties. That's because sharks in Southern California tend to be juveniles, so they're smaller and less dangerous, researchers said.

As they grow, they migrate north to find prey, so they're more dangerous in Northern California.

The Stanford study will be published in this month's issue of the journal Frontiers in Ecology and the Environment.

THE ASSOCIATED PRESS

two attacks a year over the past decade.

kiawestedmonton.com

The human population in coastal California tripled during the same period — from seven million in the 1950s to 21 million in 2013, the study said. Meanwhile, the number of surfers, scuba divers and beachgoers has spiked.

In December, a juvenile great white pulled a man off his surfboard along the Central Coast. That was about 80 kilometres up the coast from the site of an attack on a surfer near Vandenberg Air Force Base in October. Both men survived.

REDUCING THE RISK

*All prices do not include GST. Some vehicles may not be exactly as shown. All rebates to dealer. Eg 2015 Soul LX, stk #18772 COB \$652. Total amount \$17,160 + tax. \$0 Down, 84 Months @0.99% OAC.

Attack rates in California vary throughout the year, with the highest in October and November and the lowest between March and May. The pattern matches sharks' seasonal shifts in migration.

In North Carolina, most of this year's attacks happened in shallow water. The eight reported in the past three weeks broke a record for the most shark bites off the state's coast in the 80 years in which records have been kept.

10151-179 st.

Ferretti said more research is needed to determine what's behind that spike. Some experts say it might be related to an unseasonably hot June that rapidly raised ocean temperatures off North Carolina and prompted fish to migrate north earlier than usual.

In California, researchers put the odds of a swimmer getting attacked by a great white at about one in every



A lifeguard warns a family to not go into the water south of the pier in Huntington Beach, Calif., on July 10 after a shark sighting. BILL ALKOFERA/THE ORANGE COUNTY REGISTER VIA THE ASSOCIATED PRESS: GREAT WHITE SHARK PHOTO: THE ASSOCIATED PRESS FILE

Smithsonian stands behind Cosby exhibit

NATIONAL MUSEUM

Camille Cosby sits on board, funded show

Over the past seven months, as sexual misconduct allegations against Bill Cosby mounted, a top Smithsonian official met privately with museum directors across the sprawling complex on the National Mall to decide what to do about an exhibit showcasing Cosby's private art collection.

While many companies and universities were distancing themselves from the comedian, Smithsonian officials ultimately concluded the exhibit should continue.

"First and fundamentally, this is an art exhibit," Richard Kurin, the Smithsonian's undersecretary for art, history and culture told The Associated Press. "So it's not about the life and career of Bill Cosby. It's about the artists.

About a third of the Smithsonian's National Museum of African Art's 50th anniversary exhibition came from Bill and Camille Cosby's extensive African-American art collection, and two-thirds came from the museum's own collection.

Most of the Cosby collection had never before been seen by the public. It includes paintings by one-time slaves, pieces commissioned for the Cosbys, a piece by Cosby's daughter and quilts made in tribute to Cosby and his slain son, Ennis. The exhibit also includes images of Cosby and quotations from him.

Even without the assault allegations, the exhibit raised concerns. Some critics frown on showcasing a private collection in a prominent museum because it can enhance the artwork's market value. Also, Camille Cosby sits on the museum's board and initiated the loan, which raises questions about conflicts of interest.

Now the Smithsonian has revealed to The Associated Press that the Cosbys also funded the exhibition with a \$716,000 gift, which virtually covers the entire cost. Museum industry guidelines call for museums to make public the source of funding when an art lender funds an exhibit, but the Smithsonian did not reveal Cosby's financial gift until Friday, even though the exhibit opened in November.

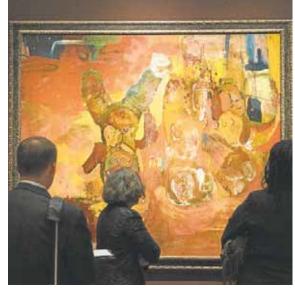
Noah Kupferman, an art market expert at Shapiro Auctions who has taught about the economics of fine art, said such financial arrangements are not unprecedented, but museums must be transparent about them.

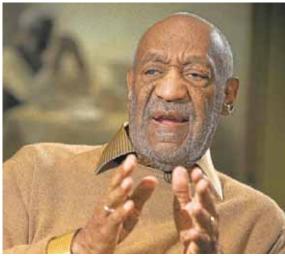
"It just raises a little eyebrow that a trustee of a museum is lending (her) own collection, funding part of the exhibition and the exhibition is highlighting works ... by less wellknown artists whose work is considered by some to be undervalued," he said. "Repositioning these artists' works as suddenly important could have significant positive effect on their economic value.'

The exhibit has drawn 150,000 visitors so far, according to the Smithsonian.

'We certainly don't condone his behaviour," Kurin said. "We're just as deeply disturbed and disappointed as I think everybody else. But it's not about Mr. Cosby. This is an art exhibit.'

THE ASSOCIATED PRESS





Bill Cosby's private art collection has drawn approximately 150,000 visitors to the Smithsonian's National Museum of African Art since November 2014. AP/EVAN VUCCI/FILE PHOTO

Serves you right!

It's getting to be a bit redundant, but J.K. Rowling really is one of our reigning social media

The British author continues to offer master classes in shutting idiots down. The latest example? Rowling tweeted a picture of her and tennis champ Se-rena Williams celebrating the athlete's perform-ance at Wimbledon, but a follower had to go and respond that the "main reason for her success is that she is built like a man."

Rowling wasn't having it, though, sharing that tweet, another picture of Williams and the message, "Yeah, my husband looks just like this in a dress. You're an idiot." Oh, and she has 4.9 million followers.

NED FHRBAR

CELEBRITY FIREARMS

Mila's gun-child policy

It must be awkward when the topic of gun ownership comes up with British press, but Mila Kunis isn't one to shy away from a question.

"I will say this: We have a gun at the house. But would I give it to my daughter as a gift at 15? No," Kunis tells the Telegraph's Luxury magazine. (It's unclear if they mentioned the 15th birthday thing or if Kunis just had quinceanera gifts for baby Wyatt on the brain.) "My child shouldn't be as welltrained as us, nor should she know there is a weapon in the house — ever." Let's just hope she's not reading this, then.

Also, in case anyone's thinking about questioning Kunis's badass bona fides, know this: "I can take a gun apart and put it back together blindfolded," she humble-brags. "I probably wouldn't have the gun if I didn't have stalkers or people constantly trying to break into my house.' NED EHRBAR



GOSSIP NOTES

It's too much. Ariana

Ariana Grande took another stab — or should we say another lick? - at the whole public apology thing, as she felt her first attempt at trying to mollify critics after her "Ugh, I hate Americans" doughnut debacle didn't

really do the job. I mean, she wasn't the only one who thought the whole "I actually love America and Americans" statement from last week wasn't enough. So Grande took to the interwebs to post an uncomfortably close-up video apology for her apology. NED EHRBAR









or \$98 b/w OAC



2007 JEEP COMPASS 4X4

or \$92 b/w OAC



Yellowhead & Broadmoor, Sherwood Park

Your essential daily news

Briton Chris Froome, of Team SKY, kept the yellow jersey after Stage 9 of the Tour de France

Cyclists, sharpshooter earn Jays fall short of Canadians three more gold

Batty and Gagne win on bikes, Kiejko with air pistol

Canada has added three more gold to its collection at the Pan Am Games on Sunday.

Emily Batty, of Brooklin, Ont., and Catharine Pendrel of Harvey Station, N.B., finished one-two in the women's mountain biking competition, while Raphael Gagne of Quebec City won the men's race.

Canada's third gold came in shooting, with Calgary's Lynda Kiejko winning the women's 10-metre air pistol. In the women's mountain bike, Batty finished the race in one hour 27 minutes 13 seconds — seven seconds faster than Pendrel.

"It's really just pushing each other," Batty said. "It doesn't matter who's first on the day as long as it's a Canadian. So we got gold and silver, which was amazing."

Pendrel, who won gold in the event at the 2007 Rio Games, is known for setting a strong



It doesn't matter who's first on the day as long as it's a Canadian.

Mountain biker Emily Batty



Emily Batty in the final of the women's event at the Toronto 2015 Pan Am Games on Sunday, Batty won gold and teammate Catharine Pendrel won silver. FRED THORNHILL/THE CANADIAN PRESS

early pace and hoping others can't match it. Batty showed she was up for the challenge.

"Emily and I are really motivated by each other," Pendrel said. "We don't just want to be the best at this race, we want to be the best in the world. You can be the best in the world by pushing the most that you can out of your riding and I think we did that today.'

Gagne finished the men's

six-lap race in 1:31:14.

"I think I played it very smart," Gagne said. "I paced myself well, I drank well and I ate well and it played into my favour. I've always been able to start strong but sometimes my finishes were not as strong. But definitely today I finished really, really strong so I'm happy with this.'

Kiejko scored 195.7 to win the air pistol and finish ahead



Raphael Gagne holds a Canadian flag after crossing finish line to win gold in the men's mountain bike event at the 2015 Pan Am Games. FRED THORNHILL/THE CANADIAN PRESS

of Mexico's Alejandra Zavala and Lilian Castro of El Salvador.

It was Kiejko's second Pan Am medal. She captured bronze in the same event in

"This gold medal is especially sweet for me," said Kiejko, who comes from a family of shooters. "Four years ago, my sister won the gold medal in Guadalajara in the same event. It's pretty awesome.'

Canada's equestrian team added a silver medal in team dressage.

The day came with some disappointment as Canada failed to medal in the men's triathlon. It's the first time in Pan Am Games history Canada hasn't won a triathlon medal.

Andrew Yorke, of Caledon, Ont., was the top Canadian finisher in seventh place. THE CANADIAN PRESS

comeback

SUNDAY in Kansas





Paulo Orlando broke a tie with an eighth inning homer and Kendrys Morales hit a threerun homer as the Kansas City Royals defeated the Toronto Blue Jays 11-10 after blowing a seven-run advantage Sunday.

The Royals enter the All-Star break with an American Leagueleading 52 victories. Orlando hit a 2-1 Bo Schultz (0-1) pitch out to left to leadoff the eight.

Kansas City led 7-0 after five innings, but the Blue Jays sent 12 men to the plate in an eightrun sixth. Danny Valencia and Jose Bautista contributed tworun doubles in the inning.

Seven of the runs were unearned after Mike Moustakas and Omar Infante committed

The Royals regained the lead with three in the bottom of the inning with Lorenzo Cain, who had three hits, singling in one run. Alcides Escobar had a RBI on a ground out, while the other run scored on Jose Reyes' second error of the game.

The Jays got a run back in the seventh on a Russell Martin RBI-doubles. Reyes, who had his second straight threehit game, singled home Kevin Pillar, who had tripled, in the eighth to tie it 10-10. It was only the second run Royals reliever Wade Davis (5-1) had allowed this season.

THE ASSOCIATED PRESS

CANADA 55. U.S. 7

Rugby gold for Canadian women



Canada's captain Jen Kish dives over to score in Canada's 55-7 win over USA in the women's rugby sevens gold medal game at the 2015 Pan Am games CHRIS YOUNG/THE CANADIAN PRESS

Canada has won gold in the inaugural women's rugby sevens competition at the Pan American Games. The Canadian women defeated the U.S. 55-7 at Exhibition Stadium, normally known as BMO Field, to go unbeaten in six games at the Pan Am competition.

"There's definitely more great days for this team," said Canadian captain Jen Kish. "Every time we put on the Canadian jersey, we want

to give the best performance that we can. We're always cuphunting. We always want to be the best that we can be so you can expect many more trophies from us building towards Rio."

Canada had defeated the U.S. 34-12 in a meaningless pool match prior to the championship game that saw both teams rest some of their big guns. The U.S. points were the first scored against Canada at the tournament in 67 minutes play.

The Canadian women outscored their opposition 230-12 going into the final, running in 38 tries while conceding two.

Canada was the top-ranked team in the six-team women's Pan Am competition, having finishing second in the Women's Seven Series last season. The Americans were fifth on the circuit and Brazil eighth. Brazil beat Argentina 29-0 for the bronze. THE CANADIAN PRESS



IN BRIEF

Canuck diver tops podium

Canadian divers continued their dominant run at the Pan American Games on Sunday as Jennifel Abel won gold and Pamela Ware took silver in the women's three-metre springboard.

Abel, from Laval, Que., took the lead after her second dive and cemented it with an incredible third dive that scored 86.70. THE CANADIAN PRESS

Djokovic remains atop men's tennis mountain

TENNIS

Federer denied record eighth Wimbledon championship

Novak Djokovic got the better of Roger Federer at Wimbledon again. The defending champion outplayed Federer in four sets Sunday to win his third Wimbledon title and ninth Grand Slam championship, cementing his status as the dominant player in the game.

In a repeat of last year's final, won by Djokovic in five sets, the top-ranked Serb overcame the loss of seven set points in the second set and pulled away to beat the seven-time champion 7-6 (1), 6-7 (10), 6-4, 6-3.

The top-seeded Djokovic broke No. 2 Federer four times and saved six of the seven break points he faced. Still in his prime at the age of 28, Djokovic further enhanced his reputation as one of the greats of the game.

In winning the 40th career matchup between the two, Djokovic prevented Federer from winning a record eighth Wimbledon title.

"I was aware coming on the court that Roger was going to play like he always plays — at his best, when it matters the most," Djokovic said. "He makes you push your limits, he makes you work hard and earn every single point. He's not going to hand you the match."

Djokovic closed out the



Novak Djokovic of Serbia celebrates with the trophy after winning the Final of the Gentlemen's Singles against Roger Federer of Switzerland on Day 13 of the Wimbledon Lawn Tennis Championships July 12. CLIVE BRUNSKILL/GETTY IMAGES

match by breaking Federer for the second time in the fourth set, hitting an insideout forehand winner into the open court on the final point.

He pumped his arms and screamed, then bent down, plucked some grass from Centre Court and put it his mouth — just as he did when he won his first title in 2011 and again last year.

"It tasted very, very good this year," Djokovic said. "I don't know what the groundspeople have done, but they've done a great job. It's a little tradition, obviously. As a kid, I was really dreaming of winning Wimbledon, and as every child, you dream to do something crazy when you actually achieve it, if you achieve it, and that was one of the things."

Djokovic equaled the number of Wimbledon titles won by his coach Boris Becker, who won at the All England Club in 1985, '86 and '89. "We managed to find the right chemistry and he has contributed a lot," Djokovic said.

"This is his trophy equally as mine." Djokovic also became the first man to retain the Wimbledon title since Federer did it in 2007.

"He was tough on the bigger points," Federer said.

Œ

He makes you push your limits, he makes you work hard and earn every single point.

Novak Djokovic, on Roger Federer

"Then at the end, he was rock-solid. I thought he played great. I didn't play bad myself ... That's how it goes."

Sunday's victory evened their career head-to-head re-

cord at 20-20, but Djokovic now holds a narrow edge where it counts the most — 2-1 in Grand Slam finals, 2-1 at Wimbledon and 7-6 in majors overall. The 33-year-old Federer will now have to wait another year to try again to become the first man to win eight Wimbledon singles titles.

In 2012, he equalled Pete Sampras and 1880s player William Renshaw with seven.

"Novak played not only great today but the whole two weeks, plus the whole year, plus last year, plus the year before that."

THE ASSOCIATED PRESS



Serena Williams
JULIAN FINNEY/GETTY IMAGES

WIMRI FDON

Williams again top woman

Serena Williams overcame a slow start, eight doublefaults and a nervy finish to beat Garbine Muguruza 6-4, 6-4 on Saturday for her sixth Wimbledon title, fourth Grand Slam championship in a row and 21st major overall.

The win means Williams holds all four Grand Slam titles at once — completing the second "Serena Slam" of her career.

What's more, she secured the third leg of a calendaryear Grand Slam and, if she wins the U.S. Open, will become the first player to sweep all four majors in the same season since Steffi Graf in 1988

Williams, winning her 28th straight Grand Slam match, is now just one major title behind Graf on the Open era list and two behind alltime leader Margaret Court Smith.

From 4-2 down in the first set, Williams ran off five straight games to take the set and go up 1-0 in the second. She pulled out to a 5-1 lead and twice served for the match but couldn't convert.

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🛑 IN BRIEF

Fowler wins by one shot at Scottish Open

Rickie Fowler birdied three of his last four holes to overhaul fellow American Matt Kuchar and win the Scottish Open by one shot Sunday for his second victory this year.

Kuchar was on the practice range, preparing for a playoff, when Fowler sent his approach on No. 18 to within 18 inches. He tapped in the putt for a 2-under 68 — the same score as Kuchar — and an overall 12-under 268.

It's the fourth title of Fowler's professional career, two months after he won The Players Championship, and the second outside the United States after the Korea Open in 2011. His links game looks good ahead of next week's British Open at St. Andrews. Raphael Jacquelin of France birdied the last hole for 70 to tie for second place with Kuchar, and claim one of three British Open places

THE ASSOCIATED PRESS

CFL

Humbled Stamps face unbeaten Argos

The Calgary Stampeders will try to avoid losing back-to-back games for the first time in three years on Monday night when they host the unbeaten Toronto Argonauts.

lt's Calgary's first game in 10 days, leaving the defending Grey Cup champions with plenty of time to stew over last week's 29-11 loss to the Montreal Alouettes.

"The important thing is that we take advantage of the rest that we got, take advantage of the extra time to prepare and go out and play a good football game," said Stampeders coach and general manager John Hufnagel.

Calgary could easily be winless. The Stampeders needed a 50-yard field goal on the final play of their season opener to beat the Hamilton Tiger-Cats 24-23.

Calgary quarterback Bo Levi Mitchell has had a slow start to the season, throwing just one touchdown pass while being intercepted three times. His touchdown to interceptions ratio was 22-to-8 last year.

"It starts with me, being a

second-year guy and having the year we had last year," said Mitchell, who was the Grey Cup most valuable player last sea-



The important thing is that we take advantage of the rest that we got.

Stampeders Coach/GM John Hufnagel son. "As the quarterback, the guy that touches the ball every play, that's how I feel. I feel like it's my job to go out there and make sure that as an offence, we do take that next step. Make games easier on our defence."

Mitchell gets a big weapon back this week in wide receiver Jeff Fuller.

Fuller had nine catches for 164 yards in Week 1. He missed last week's game with soreness in the same knee which he had season-ending surgery on last October after tearing the MCL.

THE CANADIAN PRESS

18 Monday, July 13, 2015 metr

SPORTS

McGregor backs up trash talk

UFC

Early Mendes pressure fails as Irishman earns KO win

Conor McGregor spent much of the first two rounds on his back while Chad Mendes threw elbows at his head, and yet his screaming Irish fans kept faith.

During his meteoric rise in the UFC, McGregor has sold his self-confidence with enough flair to turn most anybody into a believer in his invincibility, even in the face of 9 1/2 minutes of contrary evidence.

And when the trash-talking mixed-martial-arts sensation finally got free late in the second round, he backed up every single word.

McGregor won the interim featherweight title at UFC 189 on Saturday night, stopping Mendes with three seconds left in the second round while emphatically arriving as one of the promotion's biggest stars.

After struggling to break free from Mendes' suffocating wrestling and ground game, Mc-



WELTERWEIGHT

Lawler keeps title

Robbie Lawler stopped Rory MacDonald early in the fifth round at UFC 189 on Saturday night, defending his welterweight title in a spectacularly bloody bout.

Lawler (26-10) battered MacDonald for much of the final four rounds, leaving the Canadian challenger with a badly damaged nose. Lawler finally ended

"Tonight, I'm going to toast good business," McGregor said.

"And it was damn good busi-

ness.... It's a crazy game, and you know, I absolutely love it."

McGregor later sank to his

knees in tears, an Irish flag in

his hands, while the standing-

room-only crowd at the MGM

it with a big left hand directly into the face of Mac-Donald, who rolled onto his back in agony before Lawler finished him 60 seconds into the fifth.

Lawler also was staggered repeatedly by Mac-Donald, and he barely made it to the bell in the third round of an occasionally jaw-dropping brawl.

THE ASSOCIATED PRESS

Gregor (18-2) finished the fight with a lightning-quick combination after Mendes failed on a submission attempt. A big left hand put Mendes down, and McGregor pounded away for the stoppage before jumping onto the cage in celebration.

Grand Garden Arena roared. The loquacious ex-plumber from Dublin has now made good on just about every boast and threat he ever issued — and there have been thousands. Mendes (17-3) stepped in for injured featherweight cham-

Mendes (17-3) stepped in for injured featherweight champion Jose Aldo just 2-1/2 weeks ago, and the elite wrestler was in control of the fight until McGregor's heavy hands changed everything in an instant.

Mendes embraced McGregor in sportsmanship after a promotion dominated by high-level trash talk, most of it from a



It's a crazy game, and you know, I absolutely love it.

Conor McGregor

bearded, tattooed Irishman who already looks comfortable with a title belt around his waist.

"I've been hearing all the while that I've been protected from this kind of opponent, that I've been gifted a title shot," McGregor said. "So when my title shot went running and they gave me the challenge I was supposed to be protected from, I (decided) that I'm just going to prove to people that I'm a true fighter."

McGregor has won 14 consecutive fights, and now he has a UFC belt and an enormous future date with Aldo.

"In my opinion, Jose went running," McGregor said. "I had bigger injuries leading up to this fight than that bruised rib and I still showed up and performed. If he comes back, he can come back, but I swear to God, his day will come."

THE ASSOCIATED PRESS



Conor McGregor celebrates after defeating Chad Mendes in their interim featherweight title mixed martial arts bout at UFC 189 Saturday in Las Vegas. JOHN LOCHER/THE ASSOCIATED PRESS



September 4-6 Hawrelak Park

Get into the Race

9-Week ITU Triathlon Training Plan

Have you ever wanted to do a triathlon but didn't know where to start? Not sure how much time you need to dedicate each week to reach your goal?

World Triathlon Series Edmonton returns this September to Hawrelak Park and wants to help you

GET INTO THE RACE.

Choose your distance:

Try-a-tri: 300m swim, 10 km bike, 2.5 km run **Sprint:** 750 m swim, 20 km bike, 5 km run

Team Relay: 1 swimmer, 1 cyclist, 1 runner (Try-a-tri or Sprint distance)

To begin this program, you should be able to swim 50 metres, cycle for 30 minutes and walk/run for 15 minutes. If you have any concerns, please contact your physician before accepting the challenge.

Every Monday morning, Metro will publish a weekly try-a-tri training plan. So what are you waiting for? Register today at: http://edmonton.triathlon.org/registration/



#getintotherace edmonton.triathlon.org

SUPERHUMANS ARE COMING



September 4-6 Hawrelak Park

TRY-A-TRIATHLON - 9 WEEK BEGINNER TRAINING PROGRAM

WLLK Z					
Date	Session Details	Tips			
MONDAY	Day off	Day off			
TUESDAY	Bike: 20 minutes	Feel free to reorganize the plan to suit your schedule.			
WEDNESDAY	Swim: 200 metres	If you can only do 25m at a time, that is fine.			
THURSDAY	Run: 14 minutes (1 min walk/1 min run) or steady run	The goal of run/walk is to build endurance and the length of time you can run before taking a walk break.			
FRIDAY	Day off	Day off			
SATURDAY	Bike: 30 minutes	Proper pedal stoke – watch this video: http://youtu.be/aOWBEsV1Ceg			
SUNDAY	Swim: 200 metres Run: 15 minutes (1 min walk/1min run) or steady run	One workout in the morning and one in the afternoon.			

Remember to adjust times and distances relative to your ability – have fun and experience the thrill of competing in your first triathlon. **REGISTER at: Edmonton.triathlon.orgGET INTO THE RACE – LABOUR DAY WEEKEND!



#getintotherace edmonton.triathlon.org



RECIPE Tex-Mex Salmon over Avocado, Tomato and Black **Bean Salad**



Rose Reisman rosereisman.com

This Southwestern twist on grilled salmon is a delicious and zesty BBQ option for summer. Serves 4.

Ready in

Prep time: 10 minutes Cook time: 10-15 minutes

Ingredients

- 11/2 lb salmon filet
- •1 cup grape tomatoes, sliced in half
- 3/4 cup canned black beans, drained and rinsed
- 1/2 cup diced ripe avocado
- 1/2 cup diced yellow bell pepper
- 1/4 cup diced red onion
- 2 Tbsp lemon juice
- 1 Tbsp olive oil
- 2 tsp minced jalapeno peppers

• 1/2 tsp minced garlic

- Salt and pepper
- · 3 Tbsp chopped cilantro or

Directions

1. Grill or roast salmon at 425 F for 10 minutes per inch of thick-

2. Meanwhile, add remaining ingredients to serving bowl. Mix well and place on serving platter with salmon over top.

Nutrition per serving

- · Calories 390
- Protein 37 g
- · Carbohydrates 19 g • Fat 17 g
- · Saturated fat 2.5 g
- · Cholesterol 95 mg · Sodium 380 mg
- Fibre 4 g

PHOTO: ROSE REISMAN

CROSSWORD Canada Across and Down BY KELLY ANN BUCHANAN

1. _ Sainte-Marie (Cree singer/songwriter who is an Officer of the Order of Canada) 6. Medical pro 9. Extract metal from ore 14. Droplet-looking throat part 15. Jeff Lynne's ar. 16. Racecar driver Mr. Castroneves 17. Baseball great Mr. Jeter 18. Interac user's access code: 2 wds. 20. Pronounces 21. Tend the fire 22. Brewer's kiln 23. Gardening tool 25. Incision leftover 27. Photo _ (PR events) 30. "_ there, done that." 33. Snugly warm 37. Red Hot _ Peppers 39. Classic uniform hue for the CFL's Bombers: 2 wds. 41. _ Saint-Luc, Quebec 42. The White Cliffs of (Coastline attrac tion in England) 43. Dryer's fluff 44. #1-Across' famous protest song: "_ Soldier" 46. Citi Field baseball player, 47. Go back on a deal 48. Oodles 50. Tokyo, formerly 51. Ore deposit

53. _ degree

19 23 24 26 48 49 51 52 53 58 62 63 66 87 68 69 70 72 73

55. Ice floes animal 58. _ ray gun (Sci-Fi weapon) 61. American singer Ms. King, daughter of SNL alum Rob Schneider 65. Art of making a dead animal still look alive 67. Extraterrestrial

68. "It's so easy, __ can do it!" 69. Max. or min., as per speed 70. New album by #1-Across: 'Power

in the 2. Iris spot 71. Shoe heel style 3. Rage 72. Code for White-4. Nudist colhorse's internationony sight

al airport 5 Tibetan ox 73. Belonging to Hartford's li'l state shortly

DOWN

1 Pre-leaf forms

6. Store section. 7. Mixture 8. _ out (Stops

running) 9. Moo _ pork (Takeout dish) 10. Unforgettably 11. Napoleon's

exile isle 12. Fibs 13. Wrongdoing, in law 19. Fruit iuice 21. View 24. Geisha's outfit accessory 26. ISP, e.g. 27. Happen 28. Communications device 29. '60s-style protest 31. Ancient love god 32. Stars that suddenly shine brightly 34. Snail's trail 35. Adjusted the guitar's strings 36. Bryan Adams "The Best Was _ Come" 38. Evening out 40 Shout 42. River excavator 45. Self-pride 46. Tuktoyaktuk locale, briefly 49 Rambi's aunt 52. Ahead of time 54. Common greeting 55. Slow-cooked meal 56. Icicle holder 57. Chopped 59. Gladiator's 2009 60. "Hey Hey, _ (Into the Black)" by Neil Young & Crazy Horse 62. Safari roarer 63. Kings of

(Rock band)

64. Breaks off

cube

66. Board game

67 TV network

* IT'S ALL IN THE STARS by Sally Brompton

Aries March 21 - April 20 A relationship problem must be dealt with this very moment. If you leave it any longer the window of opportunity you have to make things better will close once and for all. Whatever the issue is, find ways to get over it.

Taurus April 21 - May 21 You simply don't care if some of the things you say offend other people - in fact you want it to happen. You will choose your words for maximum impact today.

I Gemini May 22 - June 21 Try not to worry about money matters today because there is nothing you can do to change things. Use your imagination to visualize being rich and secure. What you imagine today will be your reality tomorrow.

Cancer June 22 - July 23 Whatever you suggest, people seem determined to do the opposite. You could try to be smart and sell them a bluff. Suggest they do what you actually don't want them to do. It's an obvious trick but it might just work

Leo July 24 - Aug. 23 Why are you panicking? What could go wrong? With so much cosmic activity in the most sensitive area of your chart you have a tendency to look on the dark side. Lighten up, it's life!

Virgo Aug. 24 - Sept. 23 Why do you believe you have to prove yourself to people you hardly know? You are under no obligation to perform for their delight. If anything it should be the other way around.

Libra Sept. 24 - Oct. 23 Don't try too hard to make a name for yourself over the next few days because the planets warn you could end up with a name you don't like. You don't have to keep a low profile but you do have to play by the rules.

Scorpio Oct. 24 - Nov. 22 Somehow you will know in an instant what the people you deal with are thinking and feeling. That makes it easier for you to predict what they are going to do next, maybe even before they know it themselves.

Sagittarius Nov. 23 - Dec. 21 Your confidence may take a bit of a dip over the next few days. Mind you, your self-belief is usually so high that most people will still think you're incredible.

Capricorn Dec. 22 - Jan. 20 Be on your guard if someone offers you something for nothing today. It could be their generosity is not all it seems and you'll be expected to do something in return. Know the deal before you agree.

Aquarius Jan. 21 - Feb. 19 The harder you work the more work there seems still to do but you will get there in the end. Keep moving along at a steady pace.

Pisces

Feb. 20 - March 20 Throw yourself body and soul into what you are working on and believe that it will all come right in the end. The moment you start worrying is the moment you begin to lose focus and momentum.

CONCEPTIS SUDOKU by Dave Green

Every row column and box contains 1-9

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